

Prof. Meng Sijin, Ph.D.

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Research fields:

- Physical education, sports medicine and related majors;
- Biomedical monitoring of sports training, sports health promotion;
- Chronic disease and physical rehabilitation



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Male, Born in December 1968 in Shishou City, Hubei Province. In July 1991, he graduated from the Fundamentals Department of Beijing Institute of Physical Education; in 1997, he graduated from the Graduate School of Wuhan Institute of Physical Education; in June 2010, he graduated from the School of Life Science and Technology, Huazhong University of Science and Technology with a Ph.D. In December 2011, he was promoted to the title of professor.

The main research field is the application and efficacy evaluation of key technologies in sports fitness and sports rehabilitation. Research on exercise prescription for sub-healthy population, exercise prescription for aging muscular atrophy, exercise intervention for obese people, cardiovascular exercise physiology and exercise prescription has been recognized and highly evaluated by domestic and foreign counterparts. Part-time academics include members of the Exercise Physiology Committee, members of the Standing Committee of the Sports Anatomy Branch, and executive directors of the Manipulation and Health Committee. He is an expert in job training for coaches of the General Administration of Sport of China, and a sports health expert of the Hubei Provincial Sports Bureau.

Hosted and participated in 15 national, provincial and ministerial research projects. 35 academic papers have been published, of which 3 are included in SCI. Obtained 3 national computer software copyrights and 1 invention patent. 2 editorial board members of national planning textbooks and 2 monographs. He has won the second prize of the Provincial and Ministerial Teaching Achievement Award and the third prize of the Science and Technology Progress Award.

Has guided 28 postgraduate students, most of whom work in universities, sports institutions and other departments.