

Encouraging faculty members to conduct research on health and well-being: Using the example of Professor Po-Wen Ku

In recent years, Distinguished Professor Po-Wen Ku from the Graduate Institute of Sports and Health of our university has specialised in examining the relationship between people’s daily static and sedentary behaviours and their physical and mental health. He has had the honour of having his paper, “A cut-off of daily sedentary time and all-cause mortality in adults: a meta-regression analysis involving more than 1 million participants” published in *BMC Medicine* in May 2018 and another paper, “A threshold of objectively-assessed daily sedentary time for all-cause mortality in older adults: a meta-regression of prospective cohort studies” published in the *Journal of Clinical Medicine* in April 2019, as well as a citation in the “WHO guidelines on physical activity and sedentary behavior: web annex: evidence profiles”, which was published by the WHO on 26 November 2020.

109 年度科技部傑出研究獎獲獎人名單

序號	姓名	職稱	服務機構	學門專長
1	方得華	講座教授	國立高雄科技大學工學院機械工程系	機械固力
2	王育民	教授	國立成功大學生物科技與產業科學系	醫學生化及分子生物
3	王晉良	教授	國立清華大學通訊工程研究所	電信
4	王啟川	教授	國立陽明交通大學機械工程學系(所)	能源
5	古博文	教授	國立彰化師範大學運動健康研究所	教育(含體育)
6	司黛蕊	研究員	中央研究院民族學研究所	人類
7	朱瑾	教授	國立臺灣科技大學材料科學與工程系	材料
8	江茂雄	教授	國立臺灣大學工程科學及海洋工程學系暨研究所	海工
9	艾沃克	研究員	中央研究院數學研究所	數學
10	何明修	教授	國立臺灣大學社會學系暨研究所	社會(含傳播)

List of winners of the 2020 Ministry of Science and Technology Outstanding Research Award (excerpt)

No.	Name	Job title	Academic institution	Academic expertise
1	Te-Hua Fang	Professorial chair	Department of Mechanical Engineering, National Kaohsiung University of Science and Technology	Solid mechanics
2	Ju-Ming Wang	Professor	Department of Biotechnology & Bioindustry Sciences, National Cheng Kung University	Medical biochemistry & molecular biology
3	Chin-Liang Wang	Professor	Institute of Communication Engineering, National Tsinghua University	Tele-communications
4	Chi-Chuan Wang	Professor	Department (Institute) of Mechanical Engineering, National Yang Ming Chiao Tung University	Energy
5	Po-Wen Ku	Professor	Graduate Institute of Sports & Health, NCUE	Education (including physical education)

Appendix 3.3.1A-Research results of Professor Po-Wen Ku

No.	Name	Job title	Academic institution	Academic expertise
6	Teri J. Silvio	Research fellow	Institute of Ethnology, Academia Sinica	Humanity
7	Jinn P. Chu	Professor	Department of Materials Science & Engineering, National Taiwan University of Science and Technology	Materials
8	Mao-Hsiung Chiang	Professor	Department & Research Institute of Engineering Science & Ocean Engineering, National Taiwan University	Marine engineering
9	Volker Elling	Researcher	Institute of Mathematics, Academia Sinica	Mathematics
10	Ming-sho Ho	Professor	Department & Research Institute of Sociology, National Taiwan University	Society (including communication)



Distinguished Professor Po-Wen Ku from the university's Graduate Institute of Sports and Health was granted the 2020 Ministry of Science and Technology Outstanding Research Award. He examined the effects of behaviours such as physical activities (exercise) and being static (prolonged sitting) on health and disease risks. The aim was to apply forward-looking and leading scientific research in the field of sports and health to improve the public's health and promote their well-being.