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- Sports Psychology
- Sports Science
- School physical education
- Traditional sport culture

RESEARCH INTERESTS

Research Area/Specialization: Sports Psychology, Sports Science

Main Research Area for Future Doctoral Students: Sports Psychology

EDUCATION

- | | |
|-----------------------|----------------------------------|
| Sep. 1998 – Jul. 2002 | Zhengzhou University |
| | • College of Arts |
| | • Bachelor of Arts |
| Sep. 2005 – Jun. 2008 | Zhengzhou University |
| | • College of Physical Education |
| | • Master of Education |
| Sep. 2021 – Present | Beijing Normal University |
| | • Faculty of Psychology |

WORK EXPERIENCE

Academic Appointments

Associate Professor Sep. 2014 – Sep. 2019

Physical Education College of Zhengzhou University

Professor Oct. 2019 – Present

Henan Sport University

Leadership Roles

Director of the Office of Graduate Studies Sep. 2014 – Sep. 2019

Physical Education College of Zhengzhou University

Secretary of the General Party Branch of the Department of Martial Arts

Henan Sport University Oct. 2019 – Present

REFEREED JOURNAL ARTICLES

1. The effects of an acute Tai Chi on emotional memory and prefrontal cortex activation: a fNIRS study. January 2025. *Behav. Neurosci.* 18:1520508.
2. The Relationship between Coping Styles and Sports Psychological Fatigue: The Moderating Effect of Two Social Supports. Apr. 2017. *Journal of Beijing Sport University.* CN11-3785/G8.

- (CSSCI).
3. The Relationship between Athletes' Exercise Motivation and Psychological Fatigue: The Mediating Role of Time Management. Oct. 2015. *Journal of Shenyang University of Physical Education*. CN21-1081/G8. (CSSCI).
 4. The Internal Significance of Football in Forging the Sense of National Community. Sep. 2018. *Journal of Physical Education*. CN44-1404/G8. (CSSCI).
 5. A qualitative study on the influencing factors of organizational stress in high-level athletes. Oct. 2021. *Journal of Wuhan University of Physical Education*. CN42-1105/G8. (CSSCI).
 6. Interpretation of the "Origin Theory" of Shaolin "Zen Martial Medicine" Health Culture. May. 2017. *Journal of Wuhan University of Physical Education*. CN42-1105/G8. (CSSCI).
 7. Construction of a Theoretical Model for the Expansion of Positive Emotions in Youth Sports Participation. Oct. 2015. *Journal of Shandong University of Physical Education*. CN37-1013/G8. (Chinese core journal criterion of PKU).
 8. The crux and countermeasures of college students' mental health education. Jul. 2014. *Education and Career*. CN11-1004/G4. (Chinese core journal criterion of PKU).
 9. Research on the Effect of Baduanjin on Adolescent Physical and Mental Health under the Background of Integration of Sports and Education. Jul. 2023. *Youth Sports*. CN10-1081/G8.
 10. Research on the Application Value of Mindfulness Training in Youth Ice and Snow Sports. Feb. 2021. *Youth Sports*. CN10-1081/G8.
 11. Analysis on the Construction of Sports Psychology Textbook for High-level Athletes. May. 2019. *International Public Relations*. CN11-5281/C.
 12. Research on the Isomorphism of Tai Chi and Traditional Chinese Medicine Health Preservation Theory. Apr. 2017. *Journal of Jilin University of Physical Education*. CN22-1286/G8.
 13. The Effect of Physical Exercise on Physical Self-esteem in College Students: The Mediating Role of Trait Mindfulness. Nov. 2023. *The 13th National Sports Science Conference*.
 14. A network meta-analysis of the effects of different interventions on depression and anxiety symptoms in college students. Nov. 2023. *The 13th National Sports Science Conference*.
 15. An Empirical Study on the Mental Health of Elite Athletes from a Multidimensional Perspective. 2019. *People's Sports Publishing House*. ISBN 978-7-500-95456-9. Chief Editor.
 16. Zen Mind and Body Mirror - Research on Shaolin Zen Martial Medicine Health Culture. 2017. *Science Press*. ISBN 978-7-030-52907-7. Chief Editor.

RESEARCH PROJECT

1. Research on the empowerment mechanism of physical exercise on adolescent emotion regulation. Sep. 2023. *National Social Science Foundation*. Leading Researcher. Funded. (No. 23BTY116).
2. A Study on the Intervention of Tai Chi Mixed Mindfulness Technique on Negative Emotion Inhibition in College Students: Based on the Perspective of Brain Science. Mar. 2023. *Henan Provincial Science and Technology Research Project*. Leading Researcher. (No. 232102320312).
3. Research on the application of mindfulness training technology in the field of psychological rehabilitation of winter sports athletes in Henan Province. Mar. 2021. *Henan Provincial Science and Technology Research Project*. Leading Researcher. (No. 202102310646).

4. A Study on the Professional Development of Primary and Secondary School Physical Education Teachers in Henan Province Based on Mixed Design. Nov. 2023. *Henan Provincial Education Science Planning Key Project*. Leading Researcher. Funded. (No. 2023JKZD34).
5. Research and practice on the construction of sports psychology course textbook for sports teams in Henan Province. Dec. 2017. *Henan Provincial Department of Education*. Leading Researcher.
6. Research on Exercise Psychological Fatigue Based on Self-Management and Organizational Support Theory. 2014. *Henan Provincial Science and Technology Research Project*. Leading Researcher. (No. 152400410166).
7. Research on the Theoretical Basis and Contemporary Value of Shaolin "Zen Martial Medicine". 2016. Henan Provincial Social Science Fund Project. Leading Researcher.
8. Sports Psychology. *First-class project in Henan Province*. 2021. Leading Researcher.
9. Sports Psychology. *Excellent online open courses in Henan Province*. 2020. Leading Researcher.
10. Sports Psychology. *Provincial Curriculum Ideological and Political Model Course*. 2019. Leading Researcher.