

DR. MING-YANG CHENG

Sport Cognitive Neuroscience · EEG Neurofeedback · High-Performance Sport

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PROFILE

Associate Research Fellow at the Taiwan Institute of Sports Science and founder of SPIN Lab. Research integrates pre-performance EEG, HRV, neurofeedback, attentional control, and sport-specific performance—connecting laboratory evidence with questions that matter to athletes, coaches, and high-performance systems.

CURRENT ROLES

Associate Research Fellow

Taiwan Institute of Sports Science · 2024–present

Principal Investigator

National Science and Technology Council-funded programme

Founder & Lead

SPIN Lab · Sport Performance Integration with Neuroscience

SELECTED RESEARCH EVIDENCE

- 2026 Neurocognitive and autonomic signatures of performance under motivational stress. *Scandinavian Journal of Medicine & Science in Sports*. DOI ↗
- 2025 The effect of EEG neurofeedback training on sport performance: a meta-analysis. *Scandinavian Journal of Medicine & Science in Sports*. DOI ↗
- 2024 Evaluating EEG neurofeedback in sport psychology: a systematic review. *Frontiers in Psychology*. DOI ↗
- 2015 Sensorimotor-rhythm neurofeedback enhances golf putting performance. *Journal of Sport & Exercise Psychology*. DOI ↗

FUNDED PROGRAMMES & SCIENTIFIC INNOVATION

- **2026–2027 · NSTC PI** Optimising sport performance through EEG neurofeedback and function-specific instruction.
- **2026 · TISS PI** Two-year programme on neural efficiency, movement readiness, and field translation.
- **2019–2020 · EXIST 03EGSNW602** Founding scientist and scientific lead; football-specific neurofeedback framework.

EXPERTISE

- EEG & SMR neurofeedback
- HRV & biofeedback
- Neural / psychomotor efficiency
- Movement preparation
- Attentional control under pressure
- Precision & high-performance sport

EDUCATION

Ph.D. · Psychology & Sports Science

Bielefeld University · Germany · 2014–2019

M.Ed. · Sport Psychology

National Taiwan Normal University · 2009–2012

B.Ed. · Physical Education

National Kaohsiung Normal University · 2005–2009

SELECTED RECOGNITION

- **2014–2016** Ministry of Education Overseas Study Scholarship for doctoral training in Germany.
- **2019** LIFT 2.0 national overseas-talent cohort; sole sport-science representative.
- **2017–2021** Sports Science Research & Development awards, Ministry of Education Sports Administration.

RESEARCH PROFILES

ORCID ↗

Google Scholar ↗

ResearchGate ↗

LinkedIn ↗