

# 國立彰化師範大學105學年度碩士班招生考試試題

系所： 運動學系應用運動科學碩士班

科目： 運動英文

☆☆請在答案紙上作答☆☆

共 2 頁，第 1 頁

請注意：答題時應註明題號，否則不予給分

## I. Please translate the following terms into Chinese. (Each for 2%, 40% in total.)

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1. Sport Lottery              | 11. Marketing Strategy              |
| 2. Metabolic Syndrome         | 12. Pilates                         |
| 3. VO <sub>2</sub> max        | 13. Center of Pressure              |
| 4. The Rio 2016 Olympic Games | 14. Alzheimer disease               |
| 5. Static Stretching          | 15. Taipei 2017 Summer Universiade  |
| 6. Carbohydrate               | 16. Pedagogy                        |
| 7. Anxiety                    | 17. International Olympic Committee |
| 8. Self-Efficacy              | 18. Heat Exhaustion                 |
| 9. Intrinsic Motivation       | 19. Work : Relief Ratio             |
| 10. Angular Kinematics        | 20. Linear Momentum                 |

## II. Please summarize the following paragraphs in Chinese. (Each for 15% , 30% in total.)

### 21. From Wimbledon to Wall Street

It's a Friday morning in New York and while many of his friends are competing across the other side of the world at the Australian Open, Mario Ancic is finding his feet in another arena - Wall Street.

The former World number seven, who so famously became a national celebrity at the age of 18 after beating Roger Federer on his Wimbledon debut, was once described by six-time Grand Slam Champion Boris Becker as "The future of tennis- his name is Mario Ancic."

But now five years after injury and illness forced his retirement he's swapped his tennis whites for a suit as an investment banker at Credit Suisse. As Ancic explains "my life was changed upside down".

(adapted from: [www.bbc.co.uk/programmes/articles/4ClSCzwVZZZz6QGxSRdfFtJ/from-wimbledon-to-wall-street](http://www.bbc.co.uk/programmes/articles/4ClSCzwVZZZz6QGxSRdfFtJ/from-wimbledon-to-wall-street))

### 22. Abstract

**OBJECTIVES:** To quantify age, sex, sport and training type-specific effects of resistance training on physical performance, and to characterize dose-response relationships of resistance training parameters that could maximize gains in physical performance in youth athletes.

**RESULTS:** 43 studies met the inclusion criteria. Our analyses revealed moderate effects of resistance training on muscle strength and vertical jump performance, and small effects on linear sprint, agility and sport-specific performance. Effects were moderated by sex and resistance training type. Independently computed dose-response relationships for resistance training parameters revealed that a training period of >23 weeks, 5 sets/exercise, 6-8 repetitions/set, a training intensity of 80-89% of 1 repetition maximum (RM), and 3-4 min rest between sets were most effective to improve muscle strength.

(adapted from: Lesinski M, et al. Br J Sports Med 2016;0:1-17. doi:10.1136/bjsports-2015-095497)

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### III. 中翻英，請將以下文字翻譯成英文。(每題佔10%，共30%)

23. 應用運動科學主要將以往實驗室的基礎研究轉移到運動競賽場上之實務研究，且以提昇運動員之競技成績為主要目標。
24. 應用運動科學中的運動生理學、運動生物力學、運動心理學、運動醫學都是屬於自然科學。
25. 應用運動科學中的自然科學主要用於增進瞭解選手生理、技術表現、心理狀態與傷害預防等有關知識。