

# 國立彰化師範大學103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☆☆

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請注意：答題時應註明題號，並完整回答，否則不予給分。

## **I. Please translate the following terms into Chinese (80%, each for 4%).**

- 1. Training Duration**
- 2. Testosterone**
- 3. Sport Guidance**
- 4. Sochi 2014 Winter Olympic Games**
- 5. Self-efficacy**
- 6. Physical Fitness**
- 7. Peak performance**
- 8. Overload principle in training**
- 9. Motor learning**
- 10. Least Restrictive Environment**
- 11. Interval Training**
- 12. Hyperthermia**
- 13. Gerontology**
- 14. Flexibility**
- 15. Figure Skating**
- 16. Biomechanics**
- 17. Archery**
- 18. Androgen**
- 19. Aerobic exercise**
- 20. 2017 Taipei Summer Universiade**

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## II. Sport-Related Article Reading and Critical Thinking (20%)

Please read the article and answer the following questions (Each for 10%) :

1. Please SUMMARIZE this article in CHINESE.
2. As a sport professional, how will you use this information to your family members and friends? Please answer this question in CHINESE.

### The Hardest 20-Minute Workout of Your Life

Sprints are a great way to blast fat and send your heart rate through the roof. But if you want to make them even more intense, try sprinting on a Woodway. The Woodway Curve is a motor-free machine that's powered by the runner, and requires him to expend 30 percent more energy than a traditional treadmill, according to a study from the University of Wisconsin-Milwaukee.

"Unlike a motorized treadmill, the Woodway's belt doesn't pull your feet along at a certain pace," says Bruce Mack, co-founder of Thrive Training Systems. "Your feet must move it, so the faster you go, the faster it moves." Plus, the curved base makes you feel as if you're running uphill the entire time, forcing your lower-body muscles to work harder with each stride.

Sound tough? Then just wait until you try this nasty workout from Mack. You'll perform a 15-second sprint as fast as you can, and then rest for 15 seconds. Keep your chest high and your core braced the entire time you're running. That's 1 round. Do 40. The entire workout takes 20 minutes to complete, but you'll spend 10 of those minutes in a vigorous all-out sprint. By the final round, you'll be gasping for air and drenched from head to toe.

Don't have one of these high-tech toys? Try the workout on a standard treadmill with a 15-percent incline, suggests Mack. You can do it on a short, steep hill outside, too.



Source: <http://www.menshealth.com/fitness/instafit-woodway-sprints>