

國立彰化師範大學 100 學年度碩士班招生考試試題

系所： 應用運動科學研究所

科目： 運動英文

☆☆請在答案紙上作答☆☆

共 4 頁，第 1 頁

請注意： 答題時應註明題號，並完整回答，否則不予給分。

I. Explain the following figure and EXPLORE YOUR IDEAS. (10%)

1. The followings are an abstract and a table from the article, *Effectiveness of a Lifestyle Physical Activity Intervention in a Women's Organization*. Journal of Women's Health, Apr. 2008, Vol. 17 Issue 3, p413-421; found on p418). **Please explain it in Chinese and explore any possible application in the area of sports and science in Taiwan.**

Objective: The objective of the present study was to evaluate the effectiveness of a minimal contact **physical activity** intervention that was maximally integrated into the existing structures of a **women's** organization. Methods: The intervention included one group meeting, a self-help booklet, and five monthly reminder letters and was implemented in four units of a rural **women's** organization. Two other units served as control group. Pretest and posttest measurements were completed by 81 **women** in the intervention group and 88 in the control group. **Physical activity** was assessed at baseline and at 6 months with accelerometers and the International **Physical Activity** Questionnaire (IPAQ). Results: There was a significant interaction between time and group for the total accelerometer **activity** counts ($p = 0.007$). Total **activity** counts increased in the intervention group, whereas there was a decrease in the control group. No significant results were found with the IPAQ. Conclusions: An intervention in a **women's** organization was effective in increasing the objectively measured **physical activity levels** of its members. These results indicate that **women's** organizations can be valuable settings for **physical activity** promotion programs. The minimal number of contact hours and the use of existing structures and communication channels are important strengths for later implementation.

TABLE 2. MEAN ACCELEROMETER AND IPAQ SCORES AT PRETEST AND POSTTEST (6 MONTHS) FOR INTERVENTION AND CONTROL CONDITIONS

	Intervention group		Control group		Time × group
	n	Mean (SD)	n	Mean (SD)	F
Accelerometer: Total activity counts/5 days					
Pretest	68	1,702,474 (618,907)	60	1,664,013 (521,275)	5.834*
Posttest	68	1,827,888 (687,279)	60	1,501,413 (594,714)	
IPAQ: Total PA ^a (min/week)					
Pretest	38	1,308 (872)	43	1,175 (882)	0.042
Posttest	38	1,287 (871)	43	1,109 (1,036)	
IPAQ: PA at work (min/week)					
Pretest	33	671 (848)	30	676 (1,056)	0.829
Posttest	33	556 (691)	30	423 (698)	
IPAQ: PA in transportation (min/week)					
Pretest	38	111 (120)	43	106 (165)	0.004
Posttest	38	98 (124)	43	90 (159)	
IPAQ: PA in household/yard (min/week)					
Pretest	39	614 (458)	43	706 (772)	0.004
Posttest	39	639 (471)	43	727 (869)	
IPAQ: PA in leisure time (min/week)					
Pretest	39	120 (133)	43	142 (177)	2.266
Posttest	39	132 (102)	43	106 (164)	
IPAQ: Sitting time (min/week)					
Pretest	37	2,296 (1,176)	42	2,111 (978)	1.620
Posttest	37	2,285 (982)	42	2,365 (1,323)	

* $p < 0.05$.

^aPA, physical activity.

國立彰化師範大學 100 學年度碩士班招生考試試題

系所： 應用運動科學研究所

科目： 運動英文

☆☆請在答案紙上作答☆☆

共 4 頁，第 2 頁

II. Essay Writing (10%)

2. The followings are three news clips that are related to our female golfer, Yani Tseng, and LPGA. Please read them and write an essay to express your personal feedback, ideas, opinions or critiques.

News clip 1: Taiwan's Yani Tseng is new women's golf number one

Taiwan's Yani Tseng surged to the top of women's golf world rankings after winning the Australian Ladies Masters by four shots on Sunday. Tseng, 22, overtakes South Korea's Shin Ji-yai at the top of the rankings after a final-round 68 at the Commonwealth Golf Club in Melbourne.



"It is so soon, I wasn't expecting it as quickly as this," said Tseng. The three-time major winner is the youngest world number one since the rankings were introduced in 2006. Sweden's Annika Sorenstam was the previous holder of that record. "I don't want to be number one for one week or two weeks, I want to still be there at the end of the year," said Tseng, who finished on 24 under, four shots clear of Australian Nikki Campbell and Stacy Lewis of the United States.

Source: Adapted from <http://news.bbc.co.uk/sport2/hi/golf/9396263.stm>

Picture from http://news.bbcimg.co.uk/media/images/51229000/jpg/_51229616_tseng.jpg

News clip 2: Tseng rejects \$25 million Chinese offer

LPGA star Yani Tseng of Taiwan has rejected a \$25 million endorsement contract from a Chinese concern that would have required her to change her citizenship to Chinese, the **China Post is reporting**. The business was not named, but the Post reports that it has been courting Tseng for a year and that it tendered her a five-year \$25 million contract, "plus the use of private jets and a luxury villa in Beijing, the father was quoted by Apple Daily as saying." The caveat, becoming a Chinese citizen, was immediately rejected. "We cannot change the nationality," her father, Mao-hsin Tseng said, according to Apple Daily. "So we rejected it right away." Tseng has won three tournaments in 2010, including two major championships -- the Kraft Nabisco Championship and the Women's British Open.

Source: Adapted from <http://www.golfdigest.com/golf-tours-news/blogs/local-knowledge/2010/09/report-tseng-rejects-25-million-chinese-offer.html>

國立彰化師範大學 100 學年度碩士班招生考試試題

系所： 應用運動科學研究所

科目： 運動英文

☆☆請在答案紙上作答☆☆

共 4 頁，第 3 頁

News clip 3: Government hits back at 'stupid' president comment in golf flap

Spokesman Lo Chih-chiang said the Golf Association of the Republic of China had successfully lobbied to hold an LPGA tournament in October at the Sunrise Golf and Country Club in northern Taiwan, and he urged Legislator Gao Jyh-peng to get his facts straight before commenting on a subject.

The Democratic Progressive Party (DPP) lawmaker on Monday called President Ma Ying-jeou the "stupid" president for rejecting an appeal by Taiwanese women golfer Yani Tseng in early 2009 to host an LPGA event in Taiwan and enhance the nation's international profile.

Ma reportedly rejected the idea because he believed the money needed to host a tournament -- around NT\$200 million -- would be better spent and involve more people if used to sponsor several running activities.

As a result, the SAC asked the association to follow international practice and solicit private or corporate sponsors, with the government providing supplementary assistance.

"From the SAC's explanation, one can see that the government and the private sector will join hands to host the first LPGA tournament in Taiwan," Lo said, without specifying what kind of assistance the government would provide.

He also expressed the hope that DPP Chairwoman Tsai Ing-wen would restrain her party's members from using "foul language" to criticize the president, saying that it was the third time in a week that Gao had hurled insults at Ma.

Source: Adapted from http://focustaiwan.tw/ShowNews/WebNews_Detail.aspx?ID=201102150022&Type=aIPL

國立彰化師範大學 100 學年度碩士班招生考試試題

系所： 應用運動科學研究所

科目： 運動英文

☆☆請在答案紙上作答☆☆

共 4 頁，第 4 頁

III. Please translate the following terms into Chinese. In addition, you have to give examples, news, events, activities, or research studies that are related to those terms. The following is an example of translation with related news (Each for 5%, 80% in total).

Guangzhou 2010 Asian Games

Ans: 2010 廣州亞洲運動會。這是去年在廣州舉辦的運動會，我中華台北代表在這此取得相當好的成績，以 13 金 16 銀 38 銅獲得總獎牌數第五名。其中值得注意的是，我國在網球、跆拳道、自由車等奧運項目都獲得相當好的成績，這對我國備戰 2012 倫敦奧運是個相當重要的指標和具有意義的前哨戰。

- | | |
|-----------------------------------------|------------------------------------|
| 3. Sport Gerontology | 11. Cardiopulmonary Fitness |
| 4. Tax Deduction for Sport Sponsorships | 12. World Ranking |
| 5. Feminist Sport Studies | 13. Family History of Sudden Death |
| 6. CPBL Scandal | 14. Sport Guidance and Counseling |
| 7. London 2012 Paralympic Games | 15. Sport Pedagogy |
| 8. Least Restrictive Environment | 16. Formula One Racing |
| 9. Respiratory Function in Athletes | 17. Electronic Socks in Taekwondo |
| 10. Epidemiological Studies | 18. LPGA |