

國立彰化師範大學 97 學年度碩士班招生考試試題

系所：運動健康研究所碩士班

科目：體育英文

☆☆請在答案紙上作答☆☆

共 3 頁，第 1 頁

請注意：答題時應註明題號，否則不予給分

I. 中翻英，請將以下文字翻譯成英文。(10%)

由於許多研究已證實運動可以達促進健康的目的，美國於「公元 2000 年健康人民：國家健康促進和疾病預防目標」報告中，將「增強健康體能」列為 22 個健康目標優先順序第一位。許多學者將「運動不足」屬於不良的健康行為，但根據國內相關調查，過去三個月從不運動的成年人口約近 35%，平均每周運動少於 1.5 小時者亦達 71%。由此可知，我國運動健康相關專業目前在推廣國人建立運動習慣以促進健康的工作仍有待加強，但也從中可以得知我國運動健康專業是目前相當具有發展潛力的專業。

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

- | | |
|--|-----------------------------------|
| 1. Sport Lottery | 11. Marketing Strategy |
| 2. Obesity | 12. Pilates |
| 3. VO ₂ max | 13. Trans-fatty acid |
| 4. 21 st Summer Deaflympics, Taipei | 14. Alzheimer disease |
| 5. Low-density lipoprotein | 15. World Games 2009 in Kaohsiung |
| 6. Creatine | 16. Mortality rate |
| 7. Anxiety | 17. Feminist research |
| 8. Self-Efficacy | 18. Social mobility |
| 9. Intrinsic Motivation | 19. Sexual Segregation in sport |
| 10. Violence in sport | 20. Placebo effect |

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III. Explain the following figures and EXPLORE YOUR IDEAS. (Each for 10%, 20% in total.)

21. This is a figure from the article, “Complexity science: Complexity and clinical care”, British Medical Journal, 323, 685-688, 2001. Please explain it and explore any possible application in sport and health sciences.

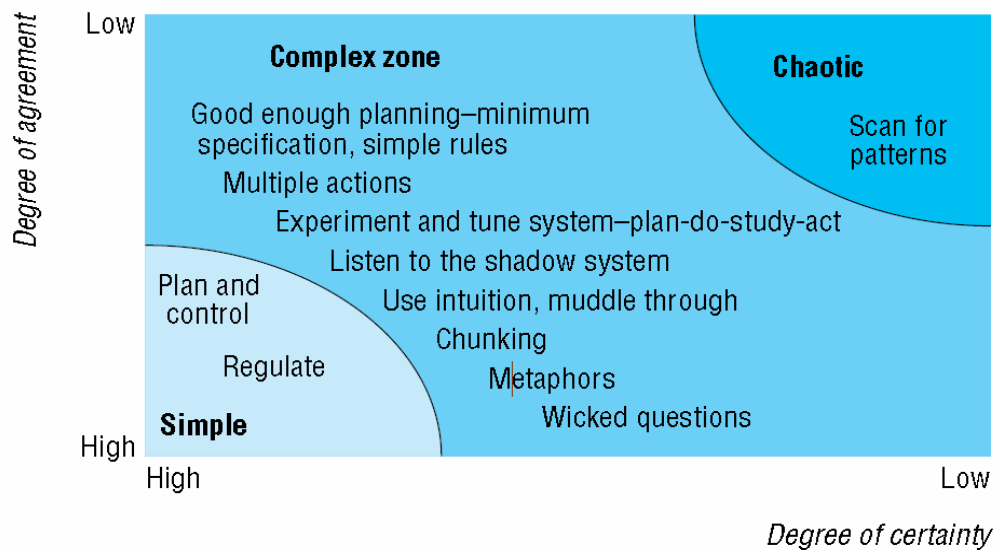


Fig 2 Certainty-agreement diagram after Stacey¹⁴ and Zimmerman¹⁵

22. This is a figure from the article, “No Need for a Pregnant Pause: Physical Activity May Reduce the Occurrence of Gestational Diabetes Mellitus and Preeclampsia”, Exercise Sport Science Review, 33(3), 141–149, 2005. Please explain it and explore any possible application in sport and health science.

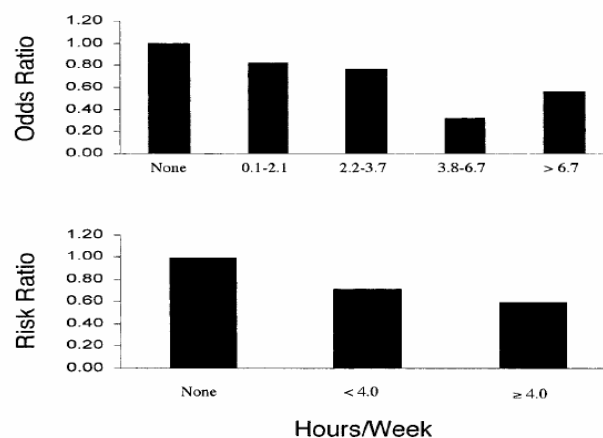


Figure 2. Risk of preeclampsia in relation to time spent ($h \cdot wk^{-1}$) engaged in recreational physical activity during the first 20 wk of pregnancy. The upper figure summarizes data from Sorensen *et al.* (14); the lower figure summarizes data from Marcoux *et al.* (10).

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IV. Please translate the following paragraphs into Chinese.(Each for 10%, 30% in total.)

23. Many individuals are currently involved in cardiorespiratory fitness and resistance training programs and efforts to promote participation in all forms of physical activity are being developed. Thus, the need for guidelines for exercise prescription is apparent. Based on the existing evidence concerning exercise prescription for healthy adults, the American College of Sports Medicine makes standardized recommendations for the quantity and quality of training for developing and maintaining cardiorespiratory fitness, body composition, muscular strength and endurance, and flexibility in the healthy adults. (adapted from: *Medicine & Science in Sports & Exercise*, Vol. 30, No. 6, pp. 975-991)
24. In this article I initiate a discussion and debate that aims to “identity” and “spaces.” Reframing the focus to include a broader cultural analysis enables sport sociologists to more closely examine the geography of social relations. In particular, this article considers how relations of gender, sexuality and race are produced, negotiated and contested in social space. This discussion is largely situated in the work of French theorist Henri Lefebvre and contextualized in the recent “spatial turn” in sport sociology. (adapted from: *International Review for the Sociology of Sport*, Vol. 38, No. 2, 201-216)
25. The purpose of this article is to provide a biomechanical perspective of sports injuries in young athletes. Basic tissue and gross movement mechanics principles are used to identify growth, morphological, and movement factors that may predispose a child to an overuse injury. Several biomechanical analyses of simple movement tasks are presented to quantify the forces developed in various tissues and to illustrate the effects that growth can have on these forces. Guidelines are given for developing injury prediction models that may be used in the future to establish safe and effective training guidelines for children. (adapted from: *Medicine & Science in Sports & Exercise*. 33(10):1701-1707.)