

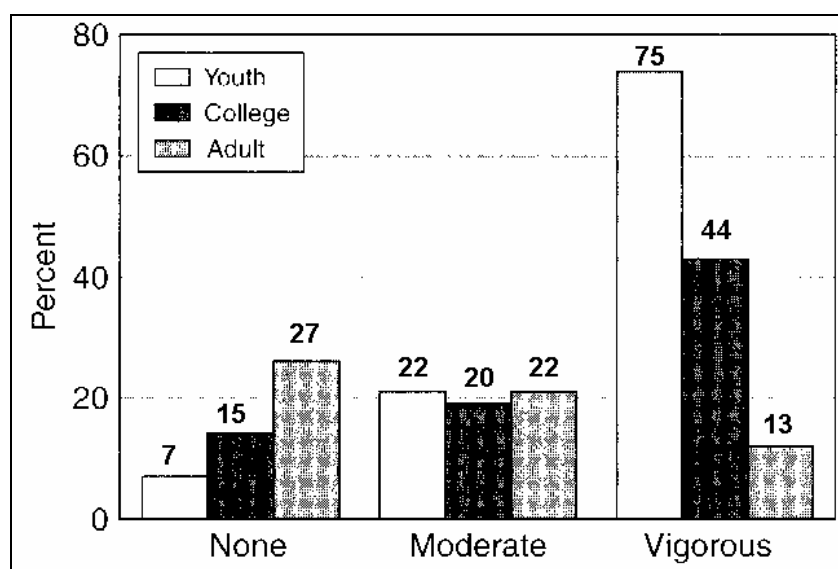
注意：填答時須註明題號，否則不予給分。

**I. Explain the following terms in Chinese. Each for 3%, 30% in total.
(Note: answers with English will be ignored in giving scores)**

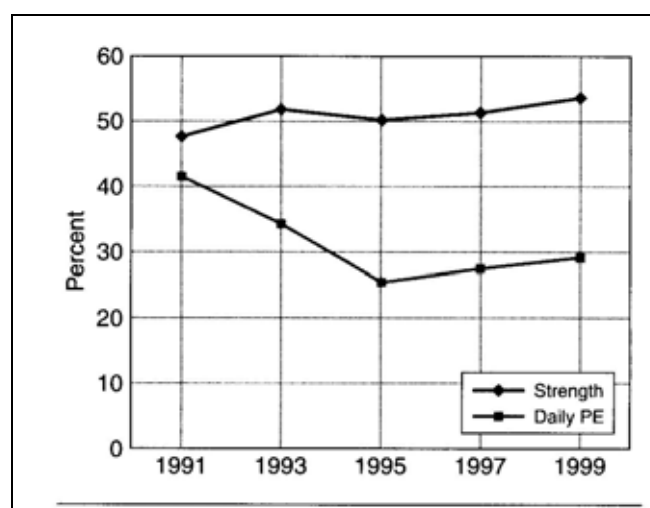
1. Amateur and professional athletes
2. Cardiorespiratory endurance
3. Coordination of movements
4. Basal metabolic rate
5. Metabolic equivalent (MET)
6. Eccentric contraction of muscle
7. Passive stretching
8. Muscle cramp
9. Sports marketing
10. Rules and officials

II. Look at the following figures and write what those figures reveal. Each for 8%, 56% in total. (答題請加入數據分析，並儘可能寫出圖表所能夠呈現的意義)

1. The figure in right shows participation in physical activity among men of different ages. What does it reveal?



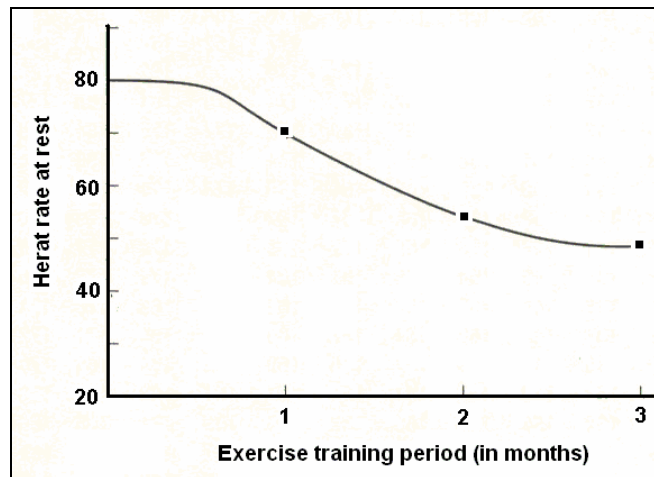
2. The figure in right shows trends in daily physical activity (PE) and strengthening exercise participated by adolescents. What does it reveal?



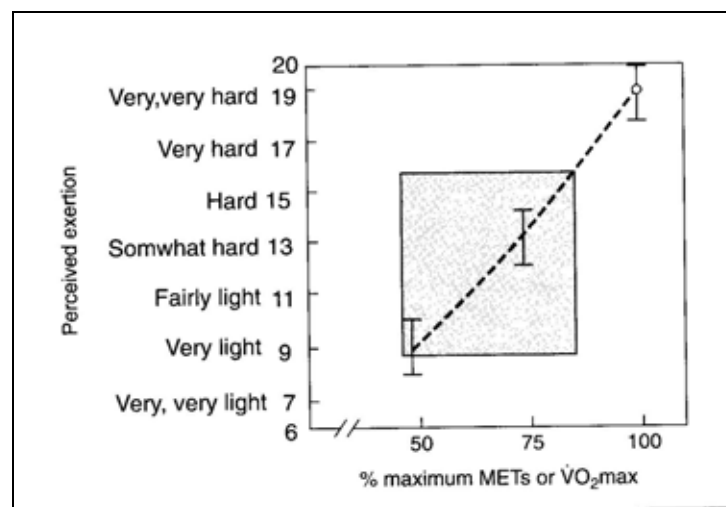
請在答案紙上作答

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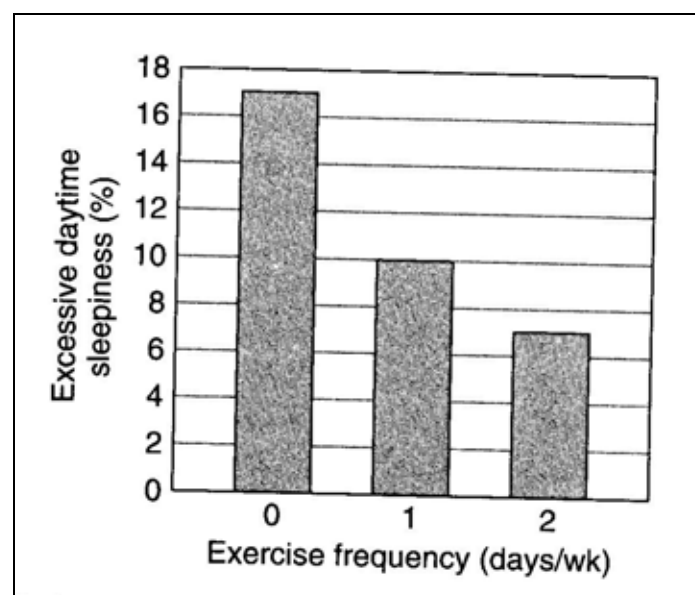
3. The figure in right shows the effect of exercise training on rest heart rate. What does it reveal?



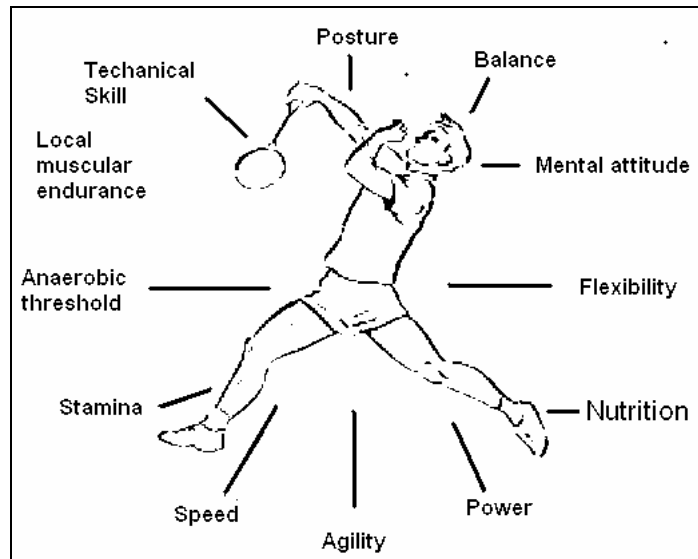
4. The figure in right shows the rating of perceived exertion in accordance to exercise intensity. What does it reveal?



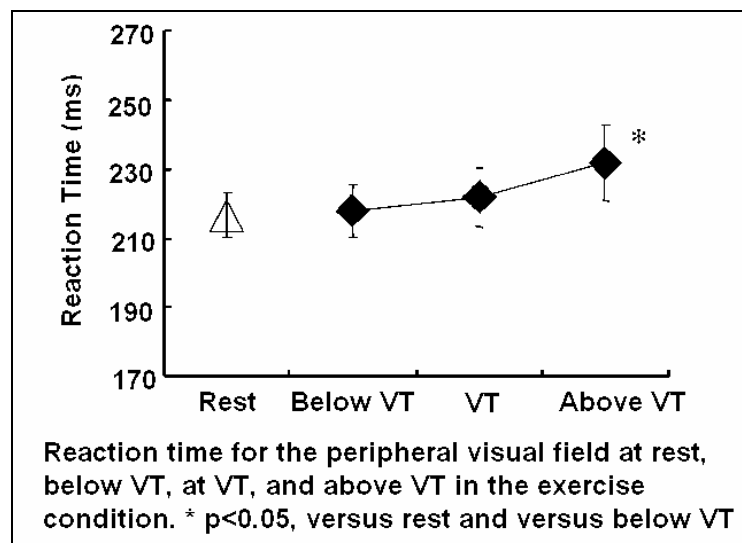
5. The figure in right comes from a survey for studying the relationship between exercise and daytime sleepiness. What does it reveal?



6. The figure in right shows various factors that influence performance of a badminton player. What does the figure tell?



7. The figure in right comes from a study aimed to determine whether reaction time (RT) for the peripheral visual field increases at exercise intensity above the ventilatory threshold (VT) during incremental exercise. What does the result indicate?



III. 中翻英，請將以下文字翻譯成英文。14%

規律和適量的運動可以促進健康，例如提升心肺功能、增強肌肉的耐力、增加骨骼的硬度、增加肌腱韌帶的強度、以及降低血脂肪和降低血壓等等。此外，運動也可以減低壓力，提高身體抵抗力，並延遲老化的速率。運動醫學專家建議的身體活動量為每天運動至少 30 分鐘，身體活動的形式不拘，運動時心跳維持在 130 下左右。