

國立彰化師範大學 95 學年度碩士班招生考試試題

系所：運動健康研究所

科目：體育英文

☆☆請在答案紙上作答☆☆

共4頁，第1頁

請注意：答題時需要註明題號，否則無法給分

I. 選擇題，每題 2 分，共 40 分。

- 1 The scientist is a man who is trying to find out about nature, about the facts and principles which govern the physical world. This sentence means that the scientist
A. is an engineer. B. is a man who seeks new knowledge. C. is a physician.
D. governs the world.
- 2 Even though he is sixty, he thinks nothing of walking one mile a day.
A. He never thinks when he is walking. B. He thinks it's not necessary for him to walk everyday. C. He likes to walk everyday. D. He walks sixty miles a day.
- 3 A company gets an order of 3000 treadmills and the profit of each treadmill is 9000 dollars. How many will this company earn from this deal?
A. 27 thousand dollars. B. 270 thousand dollars.
C. 2.7 million dollars. D. 27 million dollars.
- 4 He has worn out his welcome. It means
A. He is very welcome. B. He is no longer welcome.
C. He welcomes everybody. D. Everybody welcomes him.
- 5 The baseball game was to have been played this morning. The sentence means the game
A. was played B. was not played C. should not be played D. this morning.
- 6 Deoxygenated blood returns to the heart from the body via the
A. capillaries B. arteries C. veins D. lymph vessels
- 7 Which of the followings represents an anaerobic activity?
A. shot put B. jogging C. walking D. Tai-Chi Chung
- 8 Which of the followings will be released into blood during vigorous exercise?
A. creatine phosphate B. vitamin B₁ C. epinephrine D. sweat
- 9 Tennis and golfer's elbow are caused by
A. cuts B. tendon injury C. bone fracture D. heat injury
- 10 Dehydration is treated by giving plenty of
A. food B. sugar C. anti-oxidants D. water
- 11 Involuntary muscle contraction is called
A. strain B. cramp C. shock D. dislocation

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共4頁，第2頁

- 12 Which of followings is in charge of the Olympic movement
A. ACSM B. AHA C. WHO D. IOC
- 13 Work the body harder than usual is a training principle which called
A. progression B. specificity C. reversibility D. overload
- 14 Open skills involved performing a skill in a situation that is constantly changing, e.g.
A. a basketball free shot B. a tennis serve C. passing a ball in a soccer game
D. a springboard dive
- 15 The diet books teach readers how to
A. cook B. lose weight C. choose restaurant D. save money
- 16 Agility consists primarily of the ability to move
A. quickly and efficiently B. awkwardly C. in repeated steps. D. rhythmically.
- 17 Kinesiology is a course covering
A. management B. nutrition and food
C. psychology and coping strategy D. human movement
- 18 Pedagogy is a course covering
A. history of sports B. science of teaching C. athlete training D. health education
- 19 Sport organizations may get money from many forms of media which include
A. government B. newspapers C. cars company D. schools
- 20 Which of the following are muscles found in shoulder?
A. Quadriceps B. Biceps C. Deltoids D. Rectus abdominis

II. 英翻中，每題 8 分，共 40 分。

- 1 Professionals are employed athletes, often work under contract, and therefore have to fulfill commitments to their team and the public. Being a professional is very stressful. The reporters, taken for example, often intrude into these athletes' personal lives. In addition, professionals may perform poorly, cheat, lose motivation or confidence and act in an unsporting manner on the field under the pressure of winning.
- 2 Energy Balance
Neutral energy balance occurs when the calories you take in are equal to the calories expended and your body weight is maintained.
Positive energy balance occurs when the calories you take in are greater than the calories expended and your weight is gained and fat stores are increased.
Negative energy balance occurs when the calories you take in are less than the calories expended. Fat stores are used for energy to make up the caloric deficiency and your weight is lost and fat stores are reduced.

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- 3 Moderate-altitude living (at 2,500 m), combined with low altitude training (at 1,250 m), namely, live high-train low strategy, results in a significantly greater improvement in maximal O_2 uptake ($\dot{V}O_{2max}$) and performance over equivalent sea-level training. Elite men and women joined a 27 days training camp where they lived at 2,500 m and performed high-intensity training at 1,250 m. One-third of the athletes achieved personal best records for the distance running after the altitude training camp. The improvement in running performance was accompanied by a 3% improvement in maximal oxygen uptake.
- 4 Concentration is important for learning and understanding new things and being able to perform well in all aspects of life. Being physically active and exercising can help improve concentration. This means that a person will be able to be more focused and perform better in class or during other activities. Staying physically fit has also been found to help people maintain memory longer in their lives. As people get older, their memory skills can deteriorate, and physical activity and exercise can help reduce this effect.
- 5 Playing is simple and fun, and anyone can do it. The options are endless and the benefits are great. Playing increases strength, flexibility, coordination, and muscle tone and, it burns fat as well. In addition to the physical benefits, playing relieves stress and gives the player a positive attitude about life and physical fitness. The types of playing activities include, but are not limited to, Frisbee, tag, hide-and-seek, playing with a pet, and gardening. Playing can be done anytime and anywhere, alone or with friends. The only requirement is a lot of imagination.

III. 理解題：請以中文說明以下兩段文字在敘述什麼？每題 10 分，共 20 分。

注意：必須用自己的話解釋它們的意義，逐字翻譯者將不計分。

1. Body skills are important in various sports; the table below shows an analysis of the basic body skills.

Moving skills	Common Skills	Directions	Special Skills	Quality of Movement
Walking	Posture	Forwards	Starting/Stopping	Lightness
Running	Balance	Backwards	Extended step (lunge)	Control
Chasing	Center of gravity	Sideways	Change of direction	Economy
Jumping	Awareness	Upwards	Jumping/Landing	Speed
		Downwards	Crossover step	

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2. Sedentary lifestyle and overweight are major public health, clinical, and economical problems in modern societies. The worldwide epidemic of excess weight is due to imbalance between physical activity and dietary energy intake. Sedentary lifestyle, unhealthy diet, and consequent overweight and obesity markedly increase the risk of cardiovascular diseases. Regular physical activity 45-60 min per day prevents unhealthy weight gain and obesity, whereas sedentary behaviors such as watching television promote them. The best long-term results may be achieved when physical activity produces an energy expenditure of at least 2,500 kcal/week. Yet, the optimal approach in weight reduction programs appears to be a combination of regular physical activity and caloric restriction. A minimum of 60 min, but most likely 80-90 min of moderate-intensity physical activity per day may be needed to avoid or limit weight regain in formerly overweight or obese individuals. Regular moderate intensity physical activity, a healthy diet, and avoiding unhealthy weight gain are effective and safe ways to prevent and treat cardiovascular diseases and to reduce premature mortality in all population groups. To combat the epidemic of overweight and to improve cardiovascular health at a population level, it is important to develop strategies to increase habitual physical activity and to prevent overweight and obesity in collaboration with communities, families, schools, work sites, health care professionals, media and policymakers.