

國立彰化師範大學103學年度碩士班招生考試試題

系所： 運動健康研究所

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

Please read this abstract 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.

Two Killer Indoor Cycling Workouts

We know pedaling away on a cardio machine isn't the same as flying over hills in the fresh air. Don't fret. You can get in-and-out of the gym and still have the same benefits of your long rides by saddling up for bouts on high intensity interval training (HIIT) on a stationary cycle. These four rigorous routines will help you cruise through the last few weeks of cold-weather confinement and prep your legs and lungs for that celebratory spring joyride.

Loosen Up

Before each of these interval sessions, you'll want to perform a proper warmup or else you'll blow up quickly. "It takes a fair bit of time to prime the aerobic system and thoroughly heat up the muscles before doing interval work on the bike, especially for higher-intensity efforts," says James Herrera, founder of Colorado-based athletic coaching firm Performance Driven and licensed USA Cycling Level 1 coach.

Do this: Get on your stationary bike, and begin pedaling easy. Without touching your resistance, gradually increase your cadence—about 5 to 10 RPM—every 30 seconds for 2 minutes. The last 30 seconds should be at the highest cadence you can hold without bouncing in the saddle, but still light and fast. After 2 minutes, pedal easy for 1 to 2 minutes.

After the quick rest, focus on strength: Increase your resistance about 25 percent and pick up your speed to match. After 30 seconds, increase resistance another 25 percent but maintain your cadence. Increase the resistance twice more for another minute. Your final 30 seconds should be fairly difficult, but you should be maintaining a similar cadence throughout the two minutes. Pedal easy for 1 to 2 minutes before your workout begins.

Full Throttle

Pushing your speed gets your heart pumping and muscles burning in less than 30 seconds. "This workout is great for exhausting the legs, increasing horsepower, improving your aerobic capacity, or training for criterium racing or cyclocross fitness," says Herrera.

Do this: After warming up, ride for a 30-second interval at close to top speed—95 to 98 percent effort or faster than 100 RPM—then back off and ride for 30 seconds at an easy pace. Repeat this

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for 6 intervals. After your last interval, ease up and ride at a neutral pace for 5 minutes. That's one round. Try for 2 rounds. For advanced riders, kick your intervals up to 1 minute on and off.

Head for the Hills

The best way to bulk up your legs? Spend 15 minutes gradually climbing a single hill. And after you enjoy a break, do it all over again. "Simulating hills can help increase your power and stamina," says Pablo Toribio, founder of New York-based fitness studio Pablo Fitness.

Do this: After warming up, ride at 40 percent your maximum resistance for 5 minutes, aiming for 80 to 90 RPM. Begin your climb by pedaling at 60 percent of your max resistance—hitting about 70 to 80 RPM—for 5 minutes. Finally, move out of the saddle and kick up the resistance to 80 percent of your max for another 5 minutes. In the last round, your resistance should be hard enough to slow your cadence to 60 to 70 RPM. That's one round. Do at least 2 rounds, and finish with a 5-minute cool down.

Source: <http://www.menshealth.com/fitness/4-killer-indoor-cycling-workouts>

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

1. 2013 Kazan Summer Universiade
2. Anaerobic exercise
3. Badminton
4. Bioengineering
5. Endurance
6. Epinephrine
7. Estrogen
8. Health Promotion
9. Hypoxia
10. Ice Hockey
11. Individualized principle in training
12. Mainstreaming
13. Peak experience
14. Randomized Controlled Trial
15. Rio 2016 Summer Olympic Games
16. Self-awareness
17. Self-esteem
18. Sport Counseling
19. Stage Training
20. Training Frequency