

國立彰化師範大學 102 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☆☆

共 2 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. Research Article Reading and Critical Thinking (30%)

Please read this abstract and answer the following questions (Each for 10%):

Title: What are the best swimming strokes to alleviate lower back pain?

Many people find that recreational swimming helps ease back pain, and there is research to back that up. But some strokes may be better than others. An advantage to exercising in a pool is that the buoyancy of the water takes stress off the joints. At the same time, swimming and other aquatic exercises can strengthen back and core muscles.

That said, it does not mean that everyone with a case of back pain should jump in a pool, said Dr. Scott A. Rodeo, a team physician for U.S.A. Olympic Swimming at the last three Olympic Games. Back pain can have a number of potential causes, some that require more caution than others. So the first thing to do is to get a careful evaluation and diagnosis. A doctor might recommend working with a physical therapist and starting off with standing exercises in the pool that involve bands and balls to strengthen the core and lower back muscles.

If you are cleared to swim, and just starting for the first time, pay close attention to your technique. Work with a coach or trainer if necessary. It may also be a good idea to start with the breaststroke, because the butterfly and freestyle strokes involve more trunk rotation. The backstroke is another good option, said Dr. Rodeo, who is co-chief of the sports medicine and shoulder service at the Hospital for Special Surgery in New York.

“With all the other strokes, you have the potential for some spine hyperextension,” Dr. Rodeo said. “With the backstroke, being on your back, you don’t have as much hyperextension.”

Like any activity, begin gradually, swimming perhaps twice a week at first and then progressing slowly over four to six weeks, he said. In one study, Japanese researchers looked at 35 people with low back pain who were enrolled in an aquatic exercise program, which included swimming and walking in a pool. Almost all of the patients showed improvements after six months, but the researchers found that those who participated at least twice weekly showed more significant improvements than those who went only once a week. “The improvement in physical score was independent of the initial ability in swimming,” they wrote.

(Source: New York Time,
<http://well.blogs.nytimes.com/2013/02/15/ask-well-swimming-to-ease-back-pain/>)

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1. Please SUMMARIZE this abstract in CHINESE (please do not translate).
2. According to this article, please state your opinions on using swimming strokes to alleviate lower back pain. Please answer this question in ENGLISH.
3. As a health promotion professional, do you think that there are still other opportunities to design better aquatic activities to promote health in Taiwan? Why? Please answer this question in CHINESE.

II. Please translate and explain the following terms into Chinese. In addition, you have to give examples, news, events, activities, or research studies that are related to those terms. Each for 10% (2% for translation, 8% for explanation), 70% in total. For example,

Guangzhou 2010 Asian Games

Answer:

Translation: 2010 廣州亞洲運動會。

Explanation: 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。

1. 2016 Summer Olympics
2. Somatosensory Video Game
3. Pharmacotherapy
4. Hypoxia
5. Somatic Movement
6. Self-Efficacy Theory
7. Asperger syndrome