

國立彰化師範大學 101 學年度碩士班招生考試試題

系所： 運動健康研究所

組別： 甲、乙組

科目： 運動英文

☆☆請在答案卷上作答☆☆

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%):

Impact of an Active Video Game on Healthy Children's Physical Activity

ABSTRACT

OBJECTIVE: This naturalistic study tests whether children receiving a new (to them) active video game spontaneously engage in more physical activity than those receiving an inactive video game, and whether the effect would be greater among children in unsafe neighborhoods, who might not be allowed to play outside.

METHODS: Participants were children 9 to 12 years of age, with a BMI .50th percentile, but, 99th percentile; none of these children a medical condition that would preclude physical activity or playing video games. A randomized clinical trial assigned children to receiving 2 active or 2 inactive video games, the peripherals necessary to run the games, and a Wii console. Physical activity was monitored by using accelerometers for 5 weeks over the course of a 13-week experiment. Neighborhood safety was assessed with a 12 item validated questionnaire.

RESULTS: There was no evidence that children receiving the active video games were more active in general, or at anytime, than children receiving the inactive video games. The outcomes were not moderated by parent perceived neighborhood safety, child BMI z score, or other demographic characteristics.

CONCLUSIONS: These results provide no reason to believe that simply acquiring an active video game under naturalistic circumstances provides a public health benefit to children.

(Source: Pediatrics 2012;129:e636–e642)

1. Please **SUMMARIZE** this abstract in **CHINESE** (please do not translate).
2. According to this article, please state your opinions on using active video game to promote children's physical activity. In addition, please also discuss the weakness of this article (e.g. research design). Please answer this question in **ENGLISH**.
3. As a health promotion professional, do you think that there are still opportunities to design better active video games to promote children's physical activity in Taiwan? Why? Please answer this question in **CHINESE**.

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II. Please translate 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

Ans:

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. Lifetime Doping Bans
2. Body Awareness
3. Cardiovascular Training
4. Core Strength Training
5. Cross-Sectional and Longitudinal Study
6. Boredom and Anxiety in Flow Theory
7. Meta-analysis