

國立彰化師範大學 99 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

☆☆請在答案紙上作答☆☆

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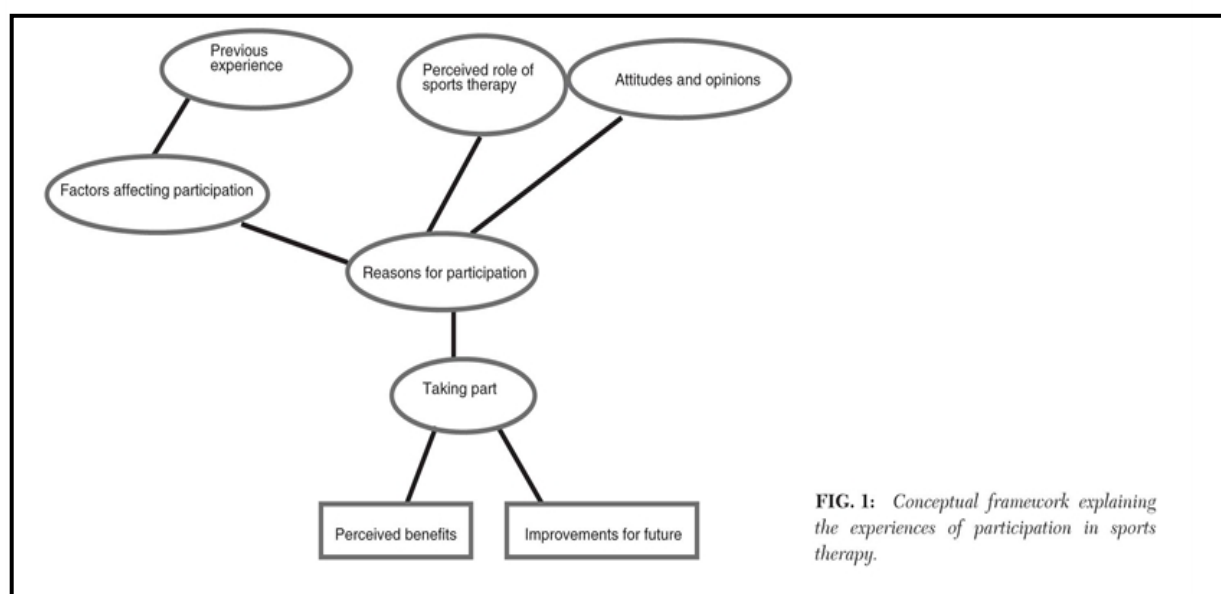
請注意：答題時應註明題號，否則不予給分

I. Please translate the following terms into Chinese. Each for 2%, 40% in total.

- | | |
|-----------------------------------|--|
| 1. ACSM | 11. Sports Marketing |
| 2. Overweight | 12. Leisure Constraint |
| 3. Center of Gravity | 13. Dehydration |
| 4. Vancouver 2010 Winter Olympics | 14. Fall Prevention Programs for Seniors |
| 5. Motor Control | 15. Guangzhou 2010 Asian Games |
| 6. Cardiovascular Endurance | 16. Self-awareness |
| 7. Antidepressant | 17. Postmodern Feminism |
| 8. Self-Esteem | 18. Sports Counseling |
| 9. Sports Biomechanics | 19. Flow Theory |
| 10. Baseball Scandal | 20. Resistance Training |

II. Explain the following figures and EXPLORE YOUR IDEAS. Each for 20%, 40% in total.

21. This is a figure from the article, *'I know it is only exercise, but to me it is something that keeps me going': A qualitative approach to understanding mental health service users' experiences of sports therapy*, International Journal of Mental Health Nursing, 2008,17(3), 197-207. **Please explain it in Chinese and explore any possible application in the area of sports and health in Taiwan.**



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22. This is a part of research report from Medscape Medical News. **Please summarize it in Chinese and explore any possible application of sports science in Taiwan.**

October 14, 2008 (Boston, Massachusetts) — School-based physical activity interventions to address obesity in children have no effect on body mass index (BMI) or other anthropometric measures of overweight or obesity, a systematic review of the literature concludes. School-based interventions are theoretically appealing because compliance with interventions can be improved. Consequently, many local governments have enacted or are considering policy mandating increasing physical activity in schools, although the efficacy of these interventions in improving body composition remains unproven. Overall, data from 13,003 children aged 5 to 18 years were included in the meta-analysis. All studies involved school-based physical activity that took place only during regular class time. The minimum duration was 6 months. Half of the studies were shorter than 1 year in duration (range, 6 months – 3 years). Height and weight were measured before and after the intervention, not self-reported. The majority of studies included some type of co-intervention, such as diet, education, or family involvement. Meta-analysis of the data revealed that the difference between intervention groups and the control groups in mean change in BMI was 0.05 kg/m^2 (95% confidence interval, 0.19 to 0.10), indicating that BMI is not affected by school-based physical activity intervention. There was also no consistent improvement in any other measures of body composition, such as body fat percentage, skin-fold thickness, lean mass, waist circumference, and waist-hip ratio. Researchers also conducted sensitivity analyses to assess whether important study characteristics might have influenced the results. Sex, study duration, and trial quality had no effect on the results. "There are important beneficial health effects from school-based physical activity interventions, such as improved aerobic capacity, blood pressure, bone mineral density, and flexibility. We should be promoting physical activity in school and outside of school. But if we're really going to tackle the issue of obesity, then we need to have interventions that are proven to impact BMI and other anthropometric measures." Robert Murray, MD, chair of the executive committee of the American Academy of Pediatrics Council on School Health commented on the analysis to Medscape Pediatrics. "It is an excellent review, but it brings out that working with obesity in schools is very complex," he said. Dr. Murray stressed that there are many factors — both lifestyle and genetic predisposition — that contribute to the childhood obesity epidemic. "I've seen the

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conclusion many times that school-based interventions don't work," he told Medscape Pediatrics. "The truth of the matter is they don't work for the stated outcome, which is weight. If you improve kids' fitness level and diet — even if you don't change their BMI — their health outcomes will improve, which is what we are looking for from a medical perspective. I just think BMI is a lousy outcome measure."

III. Please translate the following paragraphs into Chinese. Each for 4%, 20% in total.

23. Authorities are investigating whether Taiwanese baseball players accepted bribes to fix games, a prosecutor said Tuesday, the latest blow to the integrity of the sport on the baseball-loving island.
24. The 28-year-old Tsao was the first Taiwanese pitcher to take the mound in the major leagues but struggled through a series of injuries which limited his appearances for both the Rockies and Dodgers.
25. "We have ruled out the possibility that the players were intimidated and forced into throwing games, and are investigating whether they accepted improper benefits," he said.
26. Since its establishment in 1989, the CPBL has been mired in scandal. There have been at least three serious match fixing investigations, and this year the league pared its membership from six teams to four.
27. In total, five teams have been disbanded over the past 12 years. Baseball has been Taiwan's leading sport since 1969, when a Taiwanese squad won the Little League World Series in the United States.



The Uni-President Lions players celebrate after winning the CPBL, Chinese Professional Baseball League, against the Brother Elephants, 5-2, in Tainan, central Taiwan, Sunday, Oct. 25, 2009. Taiwan authorities are investigating whether Taiwanese baseball players accepted bribes to fix games, a prosecutor said Tuesday, Oct. 27, 2009 in the latest blow to the integrity of the sport on this baseball-loving island. (AP Photo)

Source:

<http://abcnews.go.com/Sports/wireStory?id=8923274>