

國立彰化師範大學 98 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，否則不予給分

I. 中翻英，請將以下文字翻譯成英文。每題佔 6%，共 30%

1. 健康和壽命是現代人生活最關心的議題，而這項議題的核心便是規律的身體活動和健身運動。
2. 一般人若是以坐式生活為主，尤其是每週身體活動小於 1000 仟卡者，相對於每週規律進行中等身體活動或激烈身體活動的人而言，相對壽命較低。
3. 若是早一點知道自已的身體活動不足而改變身體活動習慣者，不管年齡為多少，只要改變身體活動行為，其相對死亡率都會降低。
4. 坐式生活人士的身體健康，和他們規律的身體活動有密切的關係，特別是幾種威脅生命的疾病，如高血壓與心臟病。
5. 雖然規律的身體活動對人類的健康和壽命非常重要，但一般民眾從事規律運動的比例並不高，所以運動與健康專業仍有相當大的發展空間。

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

- | | |
|-------------------------|--|
| 6. depression | 16. qualitative research |
| 7. extrinsic motivation | 17. Paralympics |
| 8. metabolic syndrome | 18. adapted physical education |
| 9. placebo | 19. tendonitis |
| 10. resistance training | 20. social isolation |
| 11. self-esteem | 21. pedagogy |
| 12. serious leisure | 22. aged society |
| 13. social interaction | 23. 2010 Asian Games |
| 14. sport gambling | 24. dementia |
| 15. static stretching | 25. excess post-exercise oxygen consumption (EPOC) |

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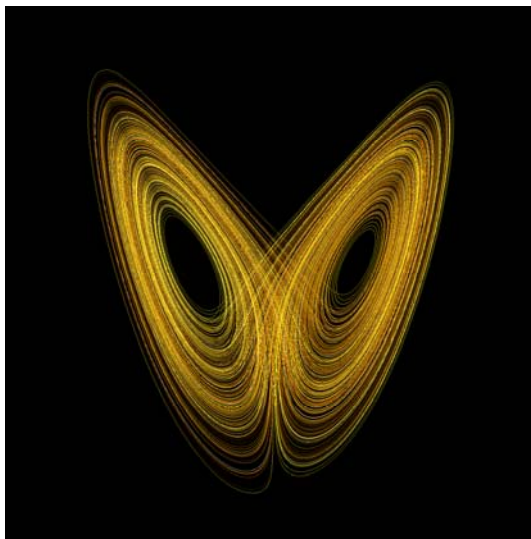
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III. Explain the following figures and EXPLORE YOUR IDEAS. Each for 10%, 10% in total.

26. This is a figure from the Lorenz attractor of Chaos Theory. Please explore **any possible application** in sport and health sciences. Please feel free to use English or Chinese to answer this question.



Source: Lorenz attractor figure from Wikimedia Foundation

IV. Please summarize the following paragraphs in Chinese. Each for 10%, 20% in total.

27. Adventure, sport and health tourism are functionally related in terms of travel motivations and social values which emphasize improving an individual's quality of life, and all involve relatively active participation, often in outdoor settings. The varying motivations and experiences of participants in each of these fields of special interest tourism are examined. Research in these areas is still in its infancy. (adapted from: Hall, C.M. (1992). Adventure, sport and health tourism)
28. Sport and physical activity is important for medical health and subjective well-being. This article sets out with a theoretical analysis of which meanings people most commonly attach to their sport activity, and seven reasons are identified. Next, the article interprets these reasons as part of a larger social setting including social background (age, gender, class) and characteristics of the sport activity (team sport versus individual sport, competitive level) itself. (adapted from: Sport in Society, 9 (1):51-70, 2006)