

系所(組)別：運動教練研究所 甲組

M-12-1

考試科目：國際運動訓練現勢

一. 競技運動由哪四種條件構成？其特性為何？有何時代價值？ (25%)

二. 競技能力的基本要素為何？就你自我的專長運動項目分述其要。 (25%)

三. 請說明挑戰'2008年奧運黃金計畫'我國奪牌項目、基礎項、其他項目有哪些？並預測我國奪牌項目其科學依據為何？ (25%)

四. 依自己之專長或喜愛運動項目，寫出年度及高峯之訓練計畫。 (25%)

系所(組)別：運動教練研究所 乙組

M-12-1

考試科目：運動訓練科學

一、解釋名詞（每一名詞 5 分）

1. 加速度定律
2. PNF
3. BTPS
4. Trans-theoretical model

二、問答題

1. 試舉例說明測力板的主要功能，舉例說明其所量測出的兩種力學變項之定義。（20 分）
2. 試說明肌力訓練的週期。（20 分）
3. 何謂無氧閾值（4 分）？如何測量（12 分）？一般人及耐力型運動員之無氧閾值分別約佔多少 $\dot{V}O_2\max\%$ （4 分）？
4. 請解釋「自我效能理論」（self-efficacy theory）？並說明 6 個主要訊息來源（20 分）？

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M-121

考試科目：體育英文

1. Please translate the following 2 sections into Chinese: 50 %

A. Sport includes many forms of physical activities including games and play through a wide variety of movements. Sport aims to improve movement competency, physical fitness, mental well-being and healthy lifestyle; it is also forming social relationships, developing personal confidence and independence as a whole. In sport, it is important that the sportsmanship is promoted for fair play and good manner toward teammates and opponents; The Olympic Creed stated *"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."* 25 %

B. Sport education develops the concept of total well-being, which is the core of education. Total well-being involves physical, mental and emotional, social, intellectual and spiritual well being. Therefore, it is essential that a holistic approach in sport education is taken. An effective educational program encourages students to learn and develop confidence in themselves and their abilities. It also helps them to take responsibility for their own health and well being. Internationally, sport is a common language to all, it communicates effectively through its actions with the highest form of art and beauty. Sport promotes the communication among all to advance the human cooperation and contribution to enrich our well-being. 25 %

2. Please answer the following 2 questions in English: 50 %

A. Describe the importance of sport science to the advancement of sport performances and explain why? 25 %

B. Explain the important qualities and conditions that a great coach must have and describe the main reasons behind. 25 %