

系所(組)別：運動教練研究所碩士班甲

考試科目：國際運動訓練現勢

一、解釋名詞(40分)

1. 夏季奧林匹克運動會 (Olympic Game)，並寫出近三屆時間、地點。
2. 冬季奧林匹克運動會 (Winter Olympic Game)，並寫出近三屆時間、地點。
3. 各單項世界錦標賽 (World Championship)，舉例一項說明之。
4. 競技運動 (Athletics)
5. 競賽制度 (Competition System)

二、問答題

1. 試說明國際競技運動發展趨勢 (20分)
2. 請以優勢理論討論我國在國際上最有奪牌前三項運動項目並說明致勝因素？ (20分)
3. 就以自己最專長或最喜歡運動項目，說明基本動作、基本技術、戰術、戰略與致勝因素 (20分)

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考試科目：運動訓練科學

一、解釋名詞（10分）

- （一）Bohr（波以耳）效應
- （二）Frank-Starling（法蘭克史達林）定律
- （三）哈佛疲勞實驗室
- （四）Douglas 袋
- （五）EPOC（運動後過耗氧量）

二、血液或唾液中的睪固酮（testosterone）與皮質醇（cortisol）如何被用來評定運動員的身體機能？（15分）

三、何謂訓練週期化呢？（5分）為何訓練需要週期化呢？（5分）何謂絕對肌力呢？（5分）何謂相對肌力呢？（5分）絕對肌力與相對肌力不同項目的運動員之週期化過程，有何不同呢？（5分）

四、請概述心智堅韌力選手的10種特質。（12%）

五、何謂例行儀式（儀式動作）？為什麼要從事例行儀式？（13%）

六、影響下支撐靜力性動作（半蹲）穩定性的力學因素有哪些？並說明其理由。15%

七、影響不等高拋射運動距離（推擲鉛球）的力學因素有哪些？並說明其理由。19%

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考試科目：體育英文

請將下列 A、B、C 三段英文翻譯成中文。

1. Please translate the following sections into Chinese 45 %

A. In life, it is our positive attitude that determines our altitude. A recent Harvard Business Research shows that 85 % of people's performance depends on their attitudes and only 15% on their aptitudes. Therefore, one can alter his/her life by altering one's attitude. Research finding from U.S. Department of Education indicates that many highly successful individuals have above average but not extraordinary intelligence. Accomplishment in a particular activity is often more dependent upon hard work and self-discipline than on innate ability. 15 %

B. Science is building knowledge on principles designed to protect the objectivity and reliability of information. Most scientific knowledge aims to improve the effects of exercise. Sport science has become a science of its own. Coaches must evaluate all the feedback from the training process to understand the quality of training and plan for future programs. Coaches require scientific assistance to ensure that they base their programs on objective training and evaluations. Coaches must learn how to train athletes and achieve the maximum result in a shortest possible time. 15 %

C. The Marks of an Educated Person who has five traits of characteristics as follows, the first of these is correctness and precision in the use of the language. The second and indispensable trait of the educated person is refined and gentle manners. The third trait of the educated person is the power and habit of reflection. The fourth trait of the educated person is the power of growth. One continues to grow and develop from the birth to his/her dying day. The fifth trait of the educated person is the possession of efficiency, or the power to do 15 %

問答：下列三個問題以英文作答，每一題約 60-80 字數

2. Questions: Please answer the following three questions in English and answer each question in English of about 60 to 80 words. 55 %

- A. Why computer technology is so important for you? 15 %
- B. Why English is so important for you now and future? 20 %
- C. Why Physical education is so important for everyone? 20 %