

臺北市立體育學院 97 學年度研究所入學考試

體育研究所博士班

體育專業英文閱讀能力測驗試題卷

准考證號碼

說明：

1、總分 100 分，共 題，請將答案依題號順序寫於答案紙內。

2、請將准考證號碼填入本試題卷右上角 內，並於繳交答案卷時同時繳交。

題目：

I . Please read through them and describe the meaning especially in boldness in Chinese. (50%)

In looking to the future for sport sociology, Sage (1997a) cites the 'growing community of scholars' and the 'growing popular and scholarly literature' as evidence of the advance of the discipline. That sounds like a firm base upon which to proceed into the next century. However, in order to take a further developmental step, we may need to increase public confidence in the outcomes of our research and, in order to achieve this, it may be time to encourage more cooperation, leading to collaboration, between scholars. In analyzing the status of authors of sport sociology literature, it becomes clear that individual or very small teams of researchers are the norm, based mainly, although not exclusively, in one or perhaps two institutions. Almost invariably, the research conducted is single-issue research from a single theoretical and cultural perspective. **The 'cooperation' advocated here, therefore, refers to a willingness to consider the ways in which different insights might add to the analysis of a specific issue. Where appropriate, this ought to lead to the establishment of collaborative teams of sport sociology researchers, sometimes embracing several (competing!) perspectives, located in a range of cultural contexts: 'Robust social knowledge results from triangulation by a diverse community of individually fallible social scientists'.**

II. 請將以下之英文翻成中文(50%)

Depression can be one of the most debilitating experiences in life. It makes you tired, so tired you want to go to bed and never get up. It can be a challenge to pull yourself out of that dark hole. Seeing your doctor should always be your first step in dealing with depression, but there are some ways you can deal with depression on a daily basis. Though it may seem impossible, exercise is one of the best ways to deal with depression.

Depression is one of the most common problems people experience today, but it's also very treatable with medication, therapy and other self-help options. But, have you ever considered exercise as part of your treatment? Study after study has shown that exercise is a helpful way to treat depression because it:

- Increases your sense of mastery which can help for people who don't feel in control of their lives and moods
- Increases self-esteem
- Provides a distraction from your worries
- Improves your health and body, which can help lift your mood
- Helps you get rid of built-up stress and frustration
- Helps you sleep better, which can often be a problem when you're depressed