

## 臺北市立體育學院 96 學年度研究所碩士班招生考試

專業英文科試題卷准考證號碼        

## 說明：

- 1、總分 100 分，共四題，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：

## 翻譯題：請將下列之各段文章翻譯成中文

- 一、However doing “too much, too soon” has been suggested as the number-one cause of injury. Trainers would be wise to utilize the principle of shaping or progression. This is the concept of slow, steady, gradual, one-step-at-a-time improvement. Apply overload conservatively, especially with beginners, and allow plenty of time for adaptation to occur. Typically, at least 2-3 weeks are necessary for the body to adapt and before continued overload should be applied. Also, be cautious when a client’s exercise sessions exceed five sessions/week, exceed 60 minutes duration ( 45 minutes for beginners ) , exceed 85% of maximum heart rate, or are always high impact ( as in running ) .Clients who train aggressively, with high frequencies, long durations, and at high intensities, are more likely to become injured. ( 25% )
- 二、Asthma is one of the most common pediatric diseases in many industrialized countries. The prevalence of asthma in school children is also increasing in Taiwan during the most recent 2 decades. This medical condition often limits asthmatic school children participating physical activity classes by parents/guardians in Taiwan, since exercise occasionally provokes an increase in airways resistance leading to exercise-induced asthma. The majority of asthmatic school children does not participate regular physical activity course due to a risk for exercise-induced asthma attack. However, BMI, and waist circumference of the asthmatic children were greater than those of the same-aged normal children. Some asthmatic school children regularly participating permissive amount of physical activity exhibited better health-related physical fitness levels compared to the rest of asthmatic school children totally lacking of physical activity. Therefore, permissive amount of physical activity appears to be beneficial for asthmatic school children. ( 25% )
- 三、Regular physical activity is associated with lower death rates for adults of any age, even when only moderate levels of physical activity are performed. Regular physical activity decreases the risk of death from heart disease, lowers the risk of developing diabetes, and is associated with a decreased risk of colon cancer. In addition, children and adolescents need weight-bearing exercise for normal skeletal development, and young adults need such exercise to achieve and maintain peak bone mass. Older adults can improve and maintain strength and agility with regular physical activity. This can reduce the risk of falling, helping older adults maintain an independent living status. Regular physical activity also increases the ability of people with certain chronic, disabling conditions to perform activities of daily. ( 25% )
- 四、Quality of life reflects a general sense of happiness and satisfaction with our lives and environment. General quality of life encompasses all aspects of life, including health, recreation, culture, rights, values, beliefs, aspirations, and the conditions that support a life containing these elements. Health-related quality of life reflects a personal sense of physical and mental health and the ability to react to factors in the physical and social environments. Health-related quality of life is more subjective than life expectancy and therefore can be more difficult to measure. As with life expectancy, various population groups can show dramatic differences in quality of life. For example, people in the lowest income households are five times more likely to report their health as fair or poor than people in the highest income households. A higher percentage of women report their health as fair or poor compared to men. Adults in rural areas are 36 percent more likely to report their health status as fair or poor than are adults in urban areas. ( 25% )