

臺北市立體育學院 97 學年度研究所入學考試  
體育與健康學系碩士班

專業英文試題卷

准考證號碼

說明：

1、總分 100 分，共 4 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：

一、翻譯題：請將下列各段文章翻譯成中文

1. 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. (20%)
2. 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. In addition, 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 also decreases the risk of death from heart disease, lowers the risk of developing diabetes, and is associated with a decreased risk of colon cancer. <30%>

二、請以中文寫出下列各段文章重點

1. Professionals' reputations are determined largely by their wealth of professional practice knowledge. This is not knowledge that is acquired so much by reading, nor is it knowledge that can be tested on written exams. Professional practice knowledge is what some have called "knowledge in action". It is reflected in the skill with which one performs professional responsibilities. Professional practice knowledge is reflected in the physician's competency in diagnosing diseases or in the skill with which a lawyer assembles a convincing case for a court

trial. Professional practice knowledge in kinesiology may be reflected in physical education teacher's ability to help a class of 10-year-olds perform cartwheels, in a fitness leader's skill in prescribing effective exercises for a client who is recovering from a heart attack, or in an athletic trainer's skill in treating an on-the-field injury.(30%)

2. Values are things that people consider desirable. Your values help you define the good life and steer a course toward achieving it. Each of the four values promoted by physical activity programs—fitness, knowledge, skill, and pleasure—would lead to a different sort of program if used as the central guide to planning. For example, valuing motor skill relates well to the attention our society gives to physical activities. Some might rank this goal highest because of the possibility that becoming more highly skilled could encourage people to stay physically active and thus improve fitness. Being more skilled also might make some physical activity professionals would concentrate on teaching appropriate movement techniques—for example, in school and college physical activity classes—focusing on particular sports such as golf or softball(20%).