

一、英文專有體育運動名詞請翻譯成中文並簡明敘述之。

20% (每題 5 分)

1. Sport Philosophy
2. Sport Psychology
3. Sport Biomechanics
4. Sport Physiology

二、簡答題 20% (每題 5 分)

1. 簡述「中華台北奧會模式」背景意義。
2. 請舉例說明一個競技運動致勝因素。
3. 2004 年夏季奧運我國獲得有幾個運動項目獎牌？請列出。
4. 2008 年夏季奧運我國將獲得有幾個運動項目獎牌？請預測列出並說明理由依據。

三、申論說明題 60% (每題 30 分)

1. 試說明國際競技體育運動之發展趨勢？並以專長運動項目為例說明之。
2. 就現代運動訓練重要特徵：(1) 重視科學安排運動訓練負荷；(2) 恢復是訓練後重要課題；(3) 重視運動員競技能力全面性提高；(4) 訓練過程更多專項練習融入與模擬比賽；(5) 年度運動訓練大周期的增加並更精細小週期訓練；(6) 重視即時獲取運動員的回饋訊息。請以專長運動項目為例說明之。

一、解釋名詞：

- (一) EXERCISE PHYSIOLOGY (5%)
- (二) 最大攝氧量 (5%)
- (三) INTERSEGMENT DYNAMICS (5%)
- (四) WHOLE-BODY VIBRATION TRAINING(5%)
- (五) Permanent means of recovery (5%)
- (六) Hypoxia training (5%)
- (七) 心理堅韌性 (5分)
- (八) 歸因理論 (5分)

二、問答題：

- (一) 人類之運動表現仰賴特殊的供能路徑，這些供能路徑受運動強度、運動時間的影響，改變極為迅速。請以馬拉松跑為例，說明跑步全程能量供應與使用的情形？(15%)
- (二) 現代的運動競技日趨激烈，請就以下子題討論當前在國際上的最新發展：
 - 如何藉由系統化的訓練以達成顛峰狀況(training condition for peaking)？
 - 促進顛峰的因素 (factors facilitates peaking) ？
 - 如何維持顛峰 (maintaining peaking) ？ (15%)
- (三) A pitched ball with a mass of 0.6 kg reaches a catcher's glove traveling at a velocity of 27m/s.
 - 1. How much momentum does the ball have? (5%)
 - 2. How much impulse is required to stop the ball?(5%)
 - 3. If the ball is in contact with the catcher's glove for 0.3 seconds during the catch, how much average force is applied by the glove?(5%)
- (四) 身為選手如何擬定每天目標、短程目標和長程目標來引導你參加訓練和比賽，以便發展你的訓練計畫達到高峰表現。(15分)

1. Please translate the following two sections into Chinese-----60 %

(A).The mission of physical education is to provide students with the knowledge, skills and opportunity to be a physically educated person. The students will be able to demonstrate competence in many different forms of physical activity using concepts of body awareness, space awareness, effort and relationships. They will understand that wellness involves more than being physically fit and will understand that physical activity provides the opportunity for enjoyment, self-expression and communication and that it can lead to multi-cultural and international understanding. The students will cherish the feelings that result from regular participation in physical activity and will appreciate the relationships with others. They will respect the role that regular physical activity plays in the pursuit of lifelong health and well-being. 30 %

(B).In sports, a coach is an individual involved in the direction and instruction of the on-field operations of an athletic team or of individual athletes. A coach is a person who supports athletes to achieve their goals, with goal setting and encouragement. Coaching entails the application of sport tactics and strategies during the game or contest itself, and usually entails substitution of players and other such actions as needed. Most coaches are former participants in the sports in which they are involved. A coach, particularly in a major operation, is traditionally aided in his efforts by one or more assistants known as the coaching staff. The coach's leadership is often cited, rightly or wrongly, as one of the prime or even the prime ingredient in successful efforts by the athletes under his or her direction. 30 %

2. English essay writing (Length about 140 words)

40 %

Topic: Why is higher education so important to you?