

所(組)別：運動教練研究所碩士班(甲組)

考試科目：國際運動訓練現勢

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- 一. 解釋名詞(證明近二屆舉辦年次, 城市其重要特色每題5分)
1. 奧林匹克運動會 (Olympic Games)
 2. 台灣區運動會 (Taiwan Area Sport Games)
 3. 世界運動會 (World Games)
 4. 台灣全民運動會 (Taiwan Area Sport Games for all the people)
 5. 世界大學運動會 (Universiade)
 6. 亞洲運動會 (Asia Sport Games)
 7. 帕拉林匹克運動會 (Paralympic Games)
 8. 大專院校運動會 (University Sports Games)
- 二. 我國參加2004年希臘奧運會共有幾種運動項目? 所獲成績表現相當耀眼輝煌, 請依我國優勢奪牌發展理論說明未來2008年北京奧運會有何戰略與戰術之計畫? (20分)
- 三. 就依您(您)自己專長或喜好運動項目, 分析國內國際之發展趨勢並以優勢理論 (Strength theory) 分析出致勝規律與致勝因素 (facts) (20分)

所(組)別：運動教練研究所碩士班(乙組)

考試科目：運動訓練科學

(含運動訓練學、運動生理學、運動生物力學及運動心理學)

一、解釋名詞(每小題2分,共12分)

- (一) 領導力
- (二) 社會凝聚力
- (三) 工作凝聚力
- (四) 團隊氣候
- (五) 團隊文化
- (六) 自我察覺

二、身為運動教練,如何以有效的配方來鼓舞選手
發揮他們的潛力?請概略說明(13分)

三、在年度最後一場大賽結束後,為何需要安排動態恢復(active recovery)來替代完全休息?請從訓練生理效應的觀點討論之。(8%)

四、許多教練認為傳統訓練週期的安排較不適用於國際級的運動員,原因何在?如何針對運動員的個別需求安排合理可行的訓練週期?(8%)

五、何謂低氧訓練法(hypoxia training)?當前的發展情況如何?請列舉國際上成功的訓練案例。(9%)

六、血氧飽和度曲線的特徵為何?對人類生命現象有何意義?(10分)

七、翻譯並解釋名詞(每題3分,共15分)

- (一) deadly quartet
- (二) mean blood pressure
- (三) cardiovascular disease
- (四) Valsalva's phenomena
- (五) athletic heart

八、請畫出跑步時水平與垂直方向地面反作用力曲線,並說明其與運動之關係。(12%)

九、騎腳踏車上坡、或上坡跑時為何速度會下降? (12%)

1. Translate the following sections into Chinese 60 %

(A). Physical education is an integral part of total education in which the concept of total well-being is the central core to the subject of physical education. Effective physical education program encourages students to learn and develop confidence in themselves and their abilities. It also helps them to take responsibility for their own health and well being, therefore, physical education needs to be closely and purposefully linked with life and education. 20 %

(B). Sport science aims to improve the effects of exercise and it has become a science of its own. Physiological, biomechanical, psychological and social information is collected from the training process. Coaches must evaluate all the feedback from the training process to understand the quality of training and plan for future programs. Coaches must also learn how to train athletes and achieve the maximum result in a shortest possible time. 20 %

(C). Recreation is something, which not only gives us pleasure, but also helps to renew and recreate the mind and body. It becomes increasingly important, as machines take over more and more of our work. Recreation can help us to discover our new talents and new interests which improve many aspects of our lives; it also helps to harmonize a high intensity of stress in modern life. Therefore, recreation is of social and individual importance. 20 %

2. English composition 40 %

Topic: Discuss why English is so important for you now and future

(100 to 120 words)