國立高雄大學 104 學年度第 2 學期春季轉學招生考試試題(轉二年級)

<table>
<thead>
<tr>
<th>科目：運動科學概論</th>
<th>系所：運動健康與休閒學系(無組別)</th>
</tr>
</thead>
<tbody>
<tr>
<td>考試時間：80 分鐘</td>
<td>是否使用計算機：否</td>
</tr>
<tr>
<td>本科原始成績：100 分</td>
<td></td>
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</tbody>
</table>

壹、名詞解釋 (共 30 分)

請從下列名詞中，任選五題進行解釋，每題六分（答題時，請標明題號）。
1.代謝當量 (METs)  2.運動增能劑  3.運動學  4.超載原則  5.運動產業
6.內因性運動傷害  7.最大反覆次數  8.運動管理  9.自我效能  10.意象訓練

貳、簡答題 (共 70 分)

請依下列問題描述，簡要的回答（答題時，請標明題號）。
（一）熱量的消耗共分三個途徑：基礎代謝率、身體活動的能量消耗及食物熱效應。請寫出三個途徑熱量消耗約占總熱量的比例 (例如：基礎代謝率的熱量消耗約占總熱量的多少%) (10 分)。
（二）按照生化及肌收縮特性，骨骼肌纖維大致可分成哪兩大類 (5 分)。
（三）最大心跳率是設定運動強度的指標之一，某人為 20 歲，欲以最大心跳率的 60% 至 80% 設定運動強度，請寫出實際運動時應達到的心跳區間 (例如：應介於 100 至 110 心跳數/每分鐘) (5 分)。
（四）醣類是許多運動項目中的主要能量來源，葡萄糖經醣解作用後會轉換成肝醣，並儲存於哪兩個組織中 (5 分)。
（五）短跑最好能在短時間完成，要在短時間完成必須考量水平速度，水平速度是由哪兩個要素所組成 (5 分)。
（六）請寫出急性運動傷害發生時的四個基本救護方法 (10 分)。
（七）體適能是維持身體環境適應能力及促進身心健康的指標之一，依屬性大致可分成哪兩大類 (5 分)。
（八）動機是瞭解個體在某情境下行為努力程度的指標之一，若要衡鑑動機水準高低，可測量哪四個構面 (10 分)。
（九）歸因指人們對事件結果的主觀解釋，按 Heider 的觀點，事件結果會受到外在因素及內在因素影響；當中外在因素包含哪兩個變項，內在因素又包含哪兩個變項 (10 分)。
（十）管理是運用組織資源，有效率及有效能地完成目標過程；當中，管理程序是執行管理的技巧，其包含哪四項基本功能 (5 分)。
I. Vocabulary (40%)

1. ____ details are subject to confidentiality requirements in accordance with the latest workplace regulations.
   (A) Contraction       (B) Contracted       (C) Contracting       (D) Contract

2. The CEO of Investments said today that he had absolutely no hesitation in _____ that his company had always operated within strict, ethical guidelines.
   (A) completing       (B) affirming       (C) expanding       (D) orienting

3. All of the offices in the new complex _____ keyless entry systems, video interphones, and 24-hour access to secure parking.
   (A) feature       (B) save       (C) enter       (D) replace

4. The purpose of this planning meeting is to ensure that our move to the new site will not cause any _____ in our services.
   (A) instruction       (B) interruption       (C) illusion       (D) corruption

5. A new Internet security system has been installed that _____ notifies the moderator when guidelines are breached.
   (A) fiercely       (B) obviously       (C) financially       (D) automatically

6. Should you require special leave for reasons other than _____ listed in the company regulations, please discuss the matter with the Personnel Department.
   (A) them       (B) who       (C) those       (D) whom

7. The final choice of location is _____ upon factors such as transportation costs and the presence of a communication infrastructure.
   (A) aimed       (B) contingent       (C) associated       (D) dependable

8. Any reports produced by this department should be edited and proofread _____ by someone other than the writer.
   (A) thoroughly       (B) exclusively       (C) apparently       (D) equally

9. _____ the purchase of three inexpensive digital cameras, no new equipment orders were made by our department during the last financial year.
   (A) Aside from       (B) Let alone       (C) Because of       (D) In response to

10. In recent months much academic debate has arisen _____ the government’s intention to privatize the public transportation and ambulance services.
    (A) to       (B) by       (C) with       (D) over
II. Reading (60%)

(A) In today’s business news, it has been reported that Hydrolux Automotives has filed for bankruptcy after the government turned down the company’s request for further loans. Hydrolux, developers of the first hydrogen powered automobile, were in the final stages of trials and had planned to begin production this fall. But after a series of mishaps during the trials involving their new engine design, which resulted in serious injuries to three test drivers, the company decided to cease all research and production was cancelled.

11. What was the main reason that Hydrolux cancelled production?
   (A) Production line problems
   (B) Accidents that caused injuries
   (C) Failure to pass government inspection
   (D) Lack of experienced test drivers

12. At what stage of development was Hydrolux?
   (A) Final trials before production
   (B) Production line assemblage
   (C) Research and development
   (D) Launch of the company’s sales campaign

13. What can be inferred about Hydrolux Automotives?
   (A) The company was undercapitalized from the beginning.
   (B) The company’s research and development department was inadequate.
   (C) They produced automotive designs that were unpopular with consumers.
   (D) They had a lack of production capacity to meet the needs of the public.

(B) Calling all art lovers! The National Arts Development Council is bringing you to this December a sensational art exhibition like never before! Presenting Art in Nature. We are pleased that this exhibition is made possible by the generosity of local enterprises, business associates and museums from four other countries who have contributed to Art in Nature. The exhibit, which comes with a large variety of more than fifty world-renowned sculptures, will be displayed in the open fields of the National Botanical Gardens. These fine outdoor sculptures will look just as beautiful in our parks and gardens as they do in a museum or any private home because they were created to be part of nature. What better way is there to reset and relax than to take a walk in the “Immerse with Art and Nature” area in the midst of these beautiful artistic sculptures? Come and join us for afternoon tea and relax around these sculptures during this one-month free entrance period. We welcome children of any age, but we strongly suggest that you leave your pets at home. We expect you at the Botanical Gardens!
14. What can be inferred about this exhibition?
   (A) It is best to view while relaxing with a cup of tea.
   (B) Local artists have made significant contributions.
   (C) Children will get the most out of the displays.
   (D) There will be an entrance fee after some time.

15. What restriction is mentioned in the announcement?
   (A) Children must be accompanied by an adult.
   (B) Animals are not allowed in the exhibit.
   (C) Visitors may not touch any of the sculptures.
   (D) Beverages are only allowed on the patio.

16. Which of the following is NOT true about the exhibit?
   (A) It is going to take place outdoors.
   (B) It will be an unprecedented event.
   (C) It will simultaneously be held in four nations.
   (D) It is going to be sponsored by local businesses.

(C) Get out your winter coats because you’re going to need them in western Italo today. The first cold front of the winter is moving into the region this morning with temperatures dropping to the low 30’s by early this afternoon. Expect the rain we have been having to turn into snow flurries by this evening, so make sure you have winterized your car. Snowfall will increase with the possibility of at least five inches on the ground by tomorrow morning. The temperatures tonight will dip to fifteen degrees with a high tomorrow of only twenty-five degrees. Things should be improving by Wednesday as the front moves south. The forecast for Wednesday is partly cloudy with a high of thirty-four degrees and a low of twenty-five degrees.

17. What kind of weather is expected in western Italo today and tomorrow?
   (A) Cool and dry in the morning with a chance of showers in the afternoon
   (B) Cold with a warm front moving into the region later in the day
   (C) Cold with increasing snow today and tomorrow
   (D) Warm with a cold front moving into the region on Wednesday

18. How should people prepare for the coming weather?
   (A) Dress warmly and winterize their cars
   (B) Stay home and drive only if necessary
   (C) Winterize their homes
   (D) Leave early to avoid the expected traffic jams
科目：英文
系所：運動健康與休閒學系（無組別）

19. What should be happening by Wednesday?
   (A) Another cold front will be moving in from the south.
   (B) The weather should improve as the cold front moves south.
   (C) The snowfall should be increasing.
   (D) It will be cloudy and rainy.

20. Which of the following amenities is NOT inclusive with the property?
   (A) A terrace
   (B) A fireplace
   (C) Scenic bedrooms
   (D) Underground parking

21. For whom is this advertisement most likely intended?
   (A) Architects
   (B) Real estate agents
   (C) Would-be homebuyers
   (D) Building managers

22. What are the readers asked to do?
   (A) Get in touch with the agent.
   (B) Call the guide of the apartment.
   (C) Come to the open house.
   (D) Talk to the building management staff.
(E) The city of Idaho Falls, Idaho, is located in eastern Idaho on the Snake River. It derives its name from the waterfalls that are located at that point on the river. With a population of 52,000, it is the fifth largest city in Idaho. It is known as the gateway to Yellowstone and Grand Teton national parks. Both parks are within a one-hour drive of Idaho Falls. The area is an outdoorsman’s paradise with fishing and hunting, as well as a variety of both summer and winter recreational activities.

23. How did the city of Idaho Falls get its name?
   (A) Because of the nearby waterfalls
   (B) Because it is in eastern Idaho
   (C) Because it rains a lot
   (D) Because the Snake River runs through it

24. What is Idaho Falls the gateway to?
   (A) The waterfalls
   (B) The Snake River
   (C) Eastern Idaho
   (D) Two national parks

25. What can be inferred from this passage?
   (A) Grand Teton is named after the Snake River.
   (B) Yellowstone national park is at the distance of an one-hour walk.
   (C) Idaho Falls is the fifth largest city in Idaho.
   (D) Fall is the most fantastic season to visit Idaho Falls.