

國立高雄大學 109 學年度轉學招生考試試題(轉三年級)

科目：運動科學概論  
考試時間：80 分鐘

系所：  
運動健康與休閒學系(無組別) 是否使用計算機：否  
本科原始成績：100 分

壹、是非題 (共 10 題，每題答對得 3 分，共 30 分)

1. ( )	人體運動時組織器官所需氧氣是透過血紅素輸送的，但當體內鐵含量不足時會降低血紅素輸送氧的能力，為提高輸送氧的能力，可多吃含鐵量高的植物性食物。
2. ( )	運動後補充水分時，水的溫度會影響胃排空速率，進而影響水分的吸收；為增加所攝取水份在胃的排空速率，最好喝冰冷的水。
3. ( )	脂肪是提供運動能量來源的主要營養素之一，但為避免體脂肪增加，運動員攝取原則是：不要超過總熱量攝取的 25%。
4. ( )	人體神經依動作分類可分為體神經系統及自律神經系統，自律神經系統又可分為交感神經及副交感神經系統；運動後通常人體會出現放鬆的反應，這個反應主要受副交感神經系統興奮所影響。
5. ( )	某人一下子可以拿起地上 50 公斤的重物，依此描述，這樣的肌肉適能表現屬於肌耐力。
6. ( )	肌肉收縮可分為等長收縮及等張收縮兩種形式，我們在做靜態伸展時，此時肌肉收縮的形式屬於等張收縮。
7. ( )	依運動心理學架構概念，競技運動心理所關注焦點在心理因素對行為表現的影響，故其導向是「由心到身」。

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8. ( )	依照生化及收縮特性，骨骼肌可分為白肌及紅肌，長時間運動時，紅肌的作用高於紅肌。
9. ( )	過度訓練指個人在訓練強度與運動恢復之間不平衡的現象，過度訓練會引起生心理負面的反應；一般而言，假使這種不平衡現象所引起的負面反應持續超過兩週以上，便可稱為長期過度訓練。
10. ( )	長時間運動後體內組織或細胞會受到些許的損傷，通常負責修補損傷組織或細胞的營養素是脂肪。

**貳、名詞解釋 ( 共 6 題，每題 5 分，共 30 分 )**

1. 心理技能訓練
2. 身體活動
3. 自我效能
4. 健康體能
5. 內因性運動傷害
6. 無氧系統

**參、簡答題 ( 共 40 分 )**

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- 一、運動心理學領域的劃分有多種不同方式，請您寫出北美運動心理學會 (NASPSPA) 將運動心理學劃分為哪三個領域 ( 10% )
  
- 二、請寫出健康體能與競技體能的定義 ( 10% )
  
- 三、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 )
  
- 四、解釋覺醒與運動表現之間關係的理論很多，請您以「最適當覺醒區域假說」說明覺醒是如何影響運動表現 ( 10% )。

科目：英文  
考試時間：80 分鐘

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是否使用計算機：否

**5 points for each question. Totally 100 points. 每題5分**

**Write the answers on the answer sheet. \*\*\*Please mark the number for all questions. 請標題號，寫在答案紙上**

**Reading Comprehension: Choose the best answer.**

When deciding where to go for some winter-holiday cheer, many Europeans are pointing their compasses to Budapest, the capital of Hungary. During Christmas, exciting celebrations take place there. Beyond that, Budapest is a gem of a city, a must-see in one's lifetime.

December in Budapest is a time for Christmas markets, and the most famous one is in Vorosmarty Square. Walking along the dozens of wooden stalls selling traditional handsome items, you'll come across locally made Christmas-tree decorations, jewelry, and for hats and slippers.

Your appetite will be tickled by the scent of Hungarian foods sold at the market. Roasted meats, stuffed cabbage rolls, and "langosok" are some local favorites. Wash it all down with warm cider, and for dessert, try some crispy, oven-baked chimney cake.

At night, visitors can watch images of Santa and giant snowflakes dance across the surface of a white-marble building. This light show, along with puppet shows and live musical performances, makes the Christmas market in Budapest a memorable experience.

Budapest's City Park is another place to go for winter fun. It has a huge lake that is used for boating in the summer and ice-skating in the winter. Visitors can rent skates near the rink and enjoy the view of Vajdahunyad Castle as they glide across the ice.

Besides skating, the park also offers one of the best and largest thermal baths in Europe. Szechenyi Spa Baths contains fifteen indoor baths and three big outdoor pools. Built in 1913, it shows the importance of baths in Hungarian culture. In fact, the first baths in Hungary were built over two thousand years ago by the Romans.

These highlights only scratch the surface of the richness of Budapest. It's one of the most charming cities in Europe, and visitors there'll surely be impressed.

1. What contribution did the Romans make to Hungarian culture?
  - A. They built the first baths in Hungary.
  - B. They built Vajdahunyad castle.
  - C. They introduced certain foods to the Hungarians.
  - D. They started the tradition of Christmas markets.
2. What is the main idea of the article?

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- A. The many foods you can find in winter in Budapest.
  - B. The fun you can have at Budapest's City Park in winter.
  - C. The different ways to celebrate Christmas in Budapest.
  - D. What Budapest is like in winter.
3. In the article, what does the word "highlights" refer to?
- A. The part of Budapest that are mentioned in the article.
  - B. The light in the Christmas market.
  - C. The high castle that you can see while ice-skating
  - D. The largest thermal baths in Europe.
4. According to the article, which of the following is NOT true?
- A. You can take a thermal bath at Budapest's City Park.
  - B. Many of the stalls at the Christmas markets are made with bricks.
  - C. The most famous Christmas market in Budapest is in Vorosmarty Square.
  - D. You can see a castle as you ice-skating on the park's lake.

**Vocabulary: Fill in the correct missing word in the correct grammatical form.** squeeze

mixture constantly stir recipe  
founded pour powder vinegar peel ingredient

5. This chocolate chip cookie \_\_\_\_\_ takes thirty minutes to prepare.
6. The freshly \_\_\_\_\_ orange juice tasted delicious.
7. Adding too much \_\_\_\_\_ will give the dish a sour taste.
8. In order to \_\_\_\_\_ a carrot quickly, use a knife.
9. The cook used a \_\_\_\_\_ of flour and water to make noodles.
10. Ruth \_\_\_\_\_ me a cup of coffee and offered me some cookies.
11. The baby is \_\_\_\_\_ crying for attention.
12. Remember to \_\_\_\_\_ the sauce so that it doesn't stick to the pan.
13. Ice cream is a common \_\_\_\_\_ in many desserts.
14. The snow was so fine that it looked like \_\_\_\_\_.
15. The company was \_\_\_\_\_, so please work as quickly as you can.

**Grammar:**

16. The manager was not \_\_\_\_\_ with my report, so he asked me to rewrite it.
- A. satisfied
  - B. satisfying

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C. satisfactory

D. satisfaction

17. Robertson Shoe Company is well known throughout the country for its \_\_\_\_ products.

A. durable

B. endure

C. durability

D. endurance

18. I cannot find my wallet, so I \_\_\_\_\_ have lost it somewhere in the department store.

A. should

B. would

C. could

D. must

19. Something is wrong with the car engine, which needs \_\_\_\_\_ immediately.

A. repaired

B. repair

C. repairing

D. to repair

20. Linda went \_\_\_\_\_ a diet and lost 5 kilograms in a week.

A. for

B. in

C. up

D. on