

臺北市立大學

104 學年度研究所碩士班入學考試試題

班 別：運動健康科學系碩士班
科 目：英文（運動健康相關議題）
考試時間：90 分鐘【10：30—12：00】
總 分：100 分

不得使用計算機
或任何儀具。

※ 注意：不必抄題，作答時請將試題題號及答案依照順序寫在答卷上；限用藍色或黑色筆作答，使用其他顏色或鉛筆作答者，所考科目以零分計算。（於本試題紙上作答者，不予計分。）

一、綜合測驗：請依照題目內容，選出正確的選項；並依題號順序填寫在答案卷之「選擇題」答案欄位。（每題 5 分，共 50 分）

Our homeroom teacher, Ms. Joyce, has a thoughtful mind. She often asks us to think about what is truly important 1 life. We are encouraged 2 raise our hands in class and 3 answer her questions.

I remember that one time during class she brought 4 a jar, many rocks in different sizes, sand, and a pitcher of water. She said, "Now we need to 5 all of these things into the jar. Does anyone want to give it a try?" It seemed simply impossible to put all of them in it. All of us were wary 6 answering, because we knew there must be a good reason 7 her question.

"Well, large rocks go first, then the smaller ones, sand, 8 finally water," explained Joyce. "These large rocks stand for our top priorities in life. My 9 is that we are never going to get the most important things done 10 they are not scheduled first!" What a specific explanation! Not until then did I understand how to get things done efficiently in order of importance.

1. (A) from (B) in (C) with (D) of
2. (A) as to (B) for
(C) to (D) in order to
3. (A) then (B) so (C) yet (D) now
4. (A) at (B) for (C) with (D) out
5. (A) saturate (B) space (C) place (D) produce
6. (A) of (B) with (C) for (D) about
7. (A) beside (B) behind (C) beneath (D) before
8. (A) therefore (B) however
(C) as a result (D) and
9. (A) moral (B) reply (C) point (D) lesson
10. (A) if (B) otherwise
(C) unless (D) whether

二、運動健康相關議題（每題 25 分，共 50 分）

（一）請以中文說明下段文章整段文字的意涵。

Blood pressure

If your blood pressure is higher than 140/100, you should consult a doctor before you start any exercise routine. It is easy to measure blood pressure yourself with a blood pressure monitor that you can buy from larger pharmacies. It is best to take the test before you have done any exercise that day, as that may affect the result. However, if you have already exercised, then make sure that you rest for at least 30 minutes before you take a reading.

（二）請以中文說明下段文章整段文字的意涵。

Cholesterol

Your doctor can check your cholesterol level by a simple blood test. The result is reported in millimoles per litre (mmol/l) or milligrams per decilitre (mg/dl). A cholesterol level of 5 mmol/l/200mg/dl or less is desirable, 5 to 6 is borderline, and above 6 puts you at a high risk of a heart attack. In the UK, 75 per cent of adults aged over 40 have a level higher than 5, and 54 per cent of heart attacks are linked with levels of over 5.