

臺北市立大學
108 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。

※ 不可於答案卷封（背）面上作答或註記符號及文字（包含於答案卷封面作答後塗改者），否則不予計分。
除非試題卷另有規定，否則作答時限用藍色或黑色鋼筆或原子筆於答案卷上書寫，用其他顏色或鉛筆作答者，所考科目不予計分。

一、單選題(每題 8 分，共 40 分)

1. Which one is not related to the concept of doping?
 - (A) take stimulants
 - (B) take steroids
 - (C) take essential amino acid
 - (D) take athletic performance-enhancing drugs

2. Which one is not the purpose of water intake during exercise?
 - (A) prevent dehydration
 - (B) increase body temperature
 - (C) modify sweat
 - (D) energy recovery

3. Which one is not included in the fitness test in Taiwan?
 - (A) cardiomegaly
 - (B) cardiorespiratory endurance
 - (C) muscular endurance
 - (D) muscular power

4. Which one is not the symptom of overtraining syndrome?

- (A) sad
- (B) tired
- (C) don't want to eat
- (D) very hungry

5. Which one is not related to the concept of BMI?

- (A) measure body height and weight
- (B) body mass index
- (C) body muscle indicator
- (D) health indicator

二、文獻賞析(共 60 分)

請由<<附文 1>>及<<附文 2>>中自行選擇一篇文章，請仔細閱讀後，由<<附文 1>>或<<附文 2>>自選一篇回答下列問題。

<<附文 1>>題目：

1. 請以中文翻譯本篇文章之標題 (A lifestyle that works for your body)。
2. 請翻譯本篇文章標題下 (One of the main reasons for a general lack of fitness..... The simple fact is-we are not designed for the way we live.) 整段文字內容。
3. 請以中文說明本篇文章中次標題為[From hunter-gatherers to channel-flickers]整段文字的意涵。
4. 請根據本篇文章內容，以中文列舉出 5 項現代生活型態危害身體健康之原因。

<<附文 2>>題目：

1. 附文 2 摘要取自 The Lancet，請詳細闡述此篇文章傳達之重要訊息為何？

A Lifestyle that Works for Your Body

One of the main reasons for a general lack of fitness in developed societies is that so many people lead sedentary lifestyles, and abuse their bodies daily through poor diet and other bad habits. The simple fact is — we are not designed for the way we live.

Compare your lifestyle with that of someone who lived approximately 10,000 years ago. When people lived as hunter-gatherers, constantly on the move looking for food, they led very active lives.

From hunter-gatherers to channel-flickers

Today, many people lead an unhealthy desk-bound, sofa-lounging, channel-flicking lifestyle, their longest walk being to the car and back. It's time to take stock of the fact that although we live in post-industrial, urban environments, our bodies have not evolved to keep pace with the demands of life in this developed world. We are still built to live as our ancestors did, many thousands of years ago. Unfortunately, that's causing us a lot of problems. Take control of your lifestyle before it's too late.

Life expectancy and lifestyle

There is a direct correlation between life expectancy and lifestyle. A person who drinks excessive amounts of alcohol, smokes, eats unhealthily and lives a sedentary lifestyle will have a shorter life expectancy than someone who looks after their body and takes regular exercise. However, it is not just about the length of

your life. Quality of life is just as important, and if you don't take care of yourself, your life will not only be shorter, it may well be unpleasant too.

Most disturbing of all, there is ample evidence that these bad habits are starting earlier and earlier in life. Little to no exercise or outdoor games, endless hours sat in front of computer games and a diet high in sugar and saturated fat have triggered escalating and alarming rates of obesity and related illnesses among children. The net result will be, if left unchecked, a generation of children likely to live shorter lives than their parents.

Our healthy ancestors

We know people lived relatively healthily 10,000 years ago because there are people still living the same lifestyle in some areas of the world today — the last 84 tribes of hunter-gatherers in the world, who can be found in Australia, Africa and South America. Fit with lean muscular physiques, these people continue to live very active and healthy lives, and experience markedly lower levels of diseases such as cancer and heart disease.

This much we know

People in the developed world cannot go back

in time, but they can get an understanding of what they should do to find a balance in their lifestyle, in order to stay healthy. We know that exercise makes you fitter, boosting your immune system and protecting you from disease. We know that some exercise each day will counteract the negative effects of sitting at a desk all day staring at a computer screen, and will give you the get-up-and-go to have fun with family and friends. We know that eating certain foods will give you energy and make you look good and feel good. Let's take this knowledge and put it to good use so that we can all live longer and happier lives.

The perils of modern-day life

There are many aspects of modern life that are intrinsically bad for our physical and mental wellbeing. From the daily grind of office life to the stresses and strains of travel and the junk food that we consume, living in a developed country has a downside.

Desk-bound injuries

Sitting still front of a computer all day long, and doing no exercise, contributes to back and neck physiotherapists and osteopaths owe most of their income to this fact.

Correct exercise could prevent all of these problems - problems that didn't exist generations ago. We didn't need core-stability exercises to avoid such aches and pains, because working the land made these muscles strong.

Mental exhaustion

We are not designed to work long hours and feel stressed about hitting deadlines. The body is designed to hunt and gather, then rest and build strength for the next day. Having to retain huge amounts of

information can be exhausting; it leaves you feeling too mentally tired to do any exercise. Of course, taking exercise will provide you with the energy to continue to hit targets and deadlines at work, and enable you to work long hours.

Travel woes

We were not intended to travel in planes or for any great length of time by other means of transport.

Travelling through time zones, especially at altitude in a short space of time, can be very tiring, and of course there are the additional negative effects of sitting still for hours.

Junk food and booze

We are not designed to eat convenience foods, which are often full of sugar that will affect your energy levels and body weight. Alcohol is viewed as a natural accompaniment to food, but even modest amounts of alcohol can lead to a number of illnesses and damage to some of the major organs of the. Even if food is "natural", the nutritional content may only be a fraction of what it was many years ago. In many areas, the land has been over-farmed and saturated with chemicals, which leaves crops tainted with an unhealthy chemical residue.

Labour-saving, life-shortening

We were not designed to use labour-saving devices. We were designed to use our hands and the materials from land to build shelters and weapons to catch animals and provide food. Today, there is a gadget or machine almost everything, which simply us to still.

<<附文 2>>

Compelling evidence from many observational studies shows that lack of physical activity increases the risks of many non-communicable diseases such as type 2 diabetes, cardiovascular disease, stroke, some cancers, and premature mortality. Sedentary behaviour, on the other hand, has emerged as a potential risk factor for many chronic conditions and mortality during the last decade. A recent meta-analysis suggested that prolonged TV-viewing time was associated with increased risk for type 2 diabetes, cardiovascular disease, and all-cause mortality. Two other meta-analyses had examined the associations of sitting time with non-communicable disease incidence and mortality. One of these concluded that prolonged sitting time was associated with increased risks of deleterious health outcomes regardless of physical activity level, whereas the other concluded that physical activity (no details on the amount of activity were provided) seemed to attenuate the increased risk of all-cause mortality due to high sitting. No previous systematic review had directly compared the joint effects of different, specified levels of physical activity and sitting time, to investigate the associations of different amounts of sitting time and physical activity in relation to all-cause mortality. Such information is required for the development of public health guidelines targeting sedentary behaviour.

These results provide further evidence on the benefits of physical activity, particularly in societies where increasing numbers of people have to sit for long hours for work or transport. Our findings indicate that increased sitting time is associated with increased all-cause mortality; however, the magnitude of increased risk with increased sitting time is mitigated in physically active people. Indeed, those belonging to the most active quartile and who are active about 60–75 min per day of moderate intensity physical activity seem to have no increased risk of mortality, even if they sit for more than 8h a day.