

國立高雄大學 101 學年度研究所碩士班招生考試試題

科目：運動健康與休閒學
考試時間：100 分鐘

系所：運動健康與休閒學系
本科原始成績：100 分

是否使用計算機：否

一. 選擇題(每題 2 分): 40%

- _____ 1. The Body Mass Index
- A) Is a way to calculate the percentage of fat in the body.
 - B) Is calculated by dividing a person's weight in kilograms by the square of his or her height in meters.
 - C) Compares lean body mass to body fat.
 - D) All of the above
- _____ 2. Fitness is best defined as
- A) Being in top shape.
 - B) Being able to engage in strenuous exercise.
 - C) Having a lean muscular body.
 - D) A combination of strength, endurance, flexibility, and cardiovascular efficiency.
- _____ 3. The stages of change within the Transtheoretical Model include:
- A) Precontemplation, contemplation, maintenance, and quitting.
 - B) Contemplation, maintenance, action, and termination.
 - C) Precontemplation, self-efficacy, action, and termination.
 - D) Contemplation, preparation, action, and self-efficacy.
- _____ 4. The WHO definition of health
- A) Assumes that health consists of the absence of disease.
 - B) Is incompatible with the holistic view of health.
 - C) Takes into account mental and social well-being as well as physical well being.
 - D) Is too narrow to be useful.
- _____ 5. Homeostasis is
- A) The method by which individuals consciously control breathing, heart rate, and blood pressure.
 - B) The balancing of endorphins and enkephalins in the body.
 - C) An outmoded concept.
 - D) The maintenance of a relatively constant physiological state.
- _____ 6. Illnesses caused by negative mental states that harmfully change physiology are called
- A) Autogenic illnesses.
 - B) Psychosomatic illnesses.
 - C) Placebo effects.
 - D) Chronic degenerative diseases.
- _____ 7. Homeostasis is maintained by which two body systems
- A) Nervous and digestive.
 - B) Nervous and pulmonary.
 - C) Nervous and endocrine.
 - D) Endocrine and excretory.

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- _____ 8. Hypnosis and meditation
- A) Are ineffective relaxation techniques when compared with others.
 - B) Can play a positive role in healing psychosomatic illnesses.
 - C) Focus on physical movement to bring relaxation.
 - D) None of the above.
- _____ 9. The main hormone secreted as part of the fight-or-flight response is
- A) Thyroxin. B) Epinephrine.
 - C) Testosterone. D) Insulin.
- _____ 10. In the stage of alarm
- A) The body's normal resistance to stress is lowered.
 - B) The body adapts to the presence of the stressor.
 - C) The body loses its ability to resist the stressor.
 - D) Illness occurs
- _____ 11. The General Adaptation Syndrome is
- A) A rare form of ulcer found primarily in air traffic controllers.
 - B) A relaxation method for coping with stress.
 - C) A physiological response to stress that goes through three stages.
 - D) The ability of laboratory rats to evade electric shocks.
- _____ 12. Individuals who employ a variety of stress management techniques to manage their stress are practicing what is known as
- A) Passive coping. B) Self-efficacy
 - C) Versatile coping D) Avoidance
- _____ 13. Which of the following is NOT a basic coping strategy?
- A) Changing the situation that is causing distress.
 - B) Altering one's interpretation of the situation.
 - C) Attempting suicide to get out of the situation.
 - D) Altering one's negative feelings about the situation.
- _____ 14. Acrophobia is fear of
- A) Heights. B) Closed spaces. C) Dust and germs. D) Animals.
- _____ 15. Depression is characterized by all of the following, EXCEPT
- A) Hopelessness.
 - B) Inability to concentrate.
 - C) Increased interest in sex.
 - D) Insomnia.

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- _____ 16. Vegetarian diets that exclude eggs, dairy products, milk, cheese, and all animal products are called
- A) Vegan diets.
 - B) Lacto-ovovegan diets.
 - C) Ovovegan diets.
 - D) Lacto-vegetarian diets.
- _____ 17. Which of the following is NOT a nutritional deficiency-related disease
- A) Anemia
 - B) Goiter
 - C) Dental carries
 - D) Osteoporosis
- _____ 18. Which of the following are cardiovascular benefits of regular exercise
- A) Increased size of coronary arteries.
 - B) Reduced oxygen carrying capacity to muscles.
 - C) Elevated cholesterol levels.
 - D) Hypertension.
- _____ 19. The main objective of an aerobic program is to
- A) Increase the maximum amount of oxygen the body can process in a given time.
 - B) Reduce resting heart rate.
 - C) Increase joint flexibility.
 - D) Reduce the percentage of body fat.
- _____ 20. Body image is a person's
- A) Self-esteem.
 - B) Mental picture of his/her body.
 - C) Self-worth.
 - D) Ideal figure.

二. 問答題：

1. 請敘述運動對健康之利益？(15%)
2. 請敘述健康體能的基本要素？及改善健康體能之運動處方之要素？(15%)
3. 請敘述休閒(leisure)、遊戲(play)、遊憩(recreation)之差別？(15%)
4. 請敘述認真休閒(serious leisure)者之分類及其特性？(15%)