

科目：英文  
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

**Read the following passages and choose the best answer for each question. 100%**

閱讀理解並選出最佳的答案。共二十題，每題五分。

### **Scottish Independence**

The majority of people in Scotland are in favour breaking away from the rest of the UK and becoming independent, according to a poll taken just before the 300th anniversary of the Act of Union, which united Scotland and England.

A pair of Acts of Parliament, passed in 1706 and 1707 that came into effect on May 1, 1707, created Great Britain. The parliaments of both countries were dissolved, and replaced by a new Parliament of Great Britain in Westminster, London.

The poll showed support for independence for Scotland is running at 51%. This is the first time since 1998 that support for separation has passed 50%, and the first time since devolution gave power to the country in 1999. Six months before elections for the Scottish Parliament, these poll results come as good news to the Scottish Nationalist Party, who are hoping to make progress against Labour and further the cause of an independent Scotland.

Many people have become disillusioned with devolution, and believe that the Scottish Parliament has failed to deliver what they had hoped it would; only a tenth have no opinion. In fact, only 39% of those polled want to keep things as they are.

1. Scotland and England
  - A. have always been united.
  - B. want to break up the union.
  - C. have been united for a long time.
  - D. were united by war.
  
2. Great Britain
  - A. was formed by an Act of Parliament in 1706.
  - B. was formed by two Acts of Parliament in 1707.
  - C. was formed by an Act of Parliament that came into effect on May 1st 1707.
  - D. was formed by Acts of Parliament that came into effect on May 1st 1707.
  
3. People who want independence for Scotland
  - A. are the vast majority.
  - B. are in the minority.

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- C. are the slight majority.
  - D. have decreased in number since devolution.
4. The majority of people wanted independence for the first time
- A. before devolution.
  - B. in 1999.
  - C. after devolution.
  - D. before and after independence.
5. The results of the poll are good news
- A. for Labour.
  - B. for both parties.
  - C. for the Scottish Nationalist Party.
  - D. for devolution.
6. Most people's opinions of devolution
- A. have gone up.
  - B. have gone down.
  - C. are the same.
  - D. make progress against Labour.
7. The number of people who want to keep things as they are
- A. is greater than those that don't know.
  - B. is smaller than those that don't know.
  - C. is increasing.
  - D. is the majority.

**Which Hand Did They Use?**

We all know that many more people today are right-handed than left-handed. Can one trace this same pattern far back in prehistory? ■(1) Much of the evidence about right-hand versus left-hand dominance comes from stencils and prints found in rock shelters in Australia and elsewhere, and in many Ice Age caves in France, Spain, and Tasmania.■(2) When a left hand has been stenciled, this implies that the artist was right-handed, and vice versa.■(3) Even though the paint was often sprayed on by mouth, one can assume that the dominant hand 【assisted in】 the operation. One also has to make the assumption that hands were stenciled palm downward—a left

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hand stenciled palm upward might of course look as if it were a right hand. (4) Of 158 stencils in the French cave of Gargas, 136 have been identified as left, and only 22 as right; Right-handedness was therefore heavily predominant.

Cave art furnishes other types of evidence of this phenomenon. Most engravings, for example, are best lit from the left, as befits the work of right-handed artists, who generally prefer to have the light source on the left so that the shadow of their hand does not fall on the tip of the engraving tool or brush. In the few cases where an Ice Age figure is 【depicted】 holding something, it is mostly, though not always, in the right hand.

Clues to right-handedness can also be found by other methods. Right-handers tend to have longer, stronger, and more muscular bones on the right side, and Marcellin Boule as long ago as 1911 noted the La Chapel le-aux-Saints Neanderthal skeleton had a right upper arm bone that was noticeably stronger than the left. Similar observations have been made on other Neanderthal skeletons such as La Ferrassie I and Neanderthal itself.

Fractures and other cut marks are another source of evidence. Right-handed soldiers tend to be wounded on the left. The skeleton of a 40- or 50-year-old Nabatean warrior, buried 2,000 years ago in the Negev Desert, Israel, had multiple healed fractures to the skull, the left arm, and the ribs.

Tools themselves can be revealing. Long-handed Neolithic spoons of yew wood preserved in Alpine villages dating to 3000 B.C. have survived; the signs of rubbing on their left side indicate that their users were right-handed. The late Ice Age rope found in the French cave of Lascaux consists of fibers spiraling to the right, and was therefore tressed by a righthander.

Occasionally one can determine whether stone tools were used in the right hand or the left, and it is even possible to assess how far back this feature can be traced. In stone toolmaking experiments, Nick Toth, a right-hander, held the core (the stone that would become the tool) in his left hand and the hammer stone in his right. As the tool was made, the core was rotated clockwise, and the flakes, removed in sequence, had a little crescent of cortex (the core's outer surface) on the side. Toth's knapping produced 56 percent flakes with the cortex on the right, and 44 percent left-oriented flakes. A left-handed toolmaker would produce the opposite pattern Toth has applied these 【criteria】 to the similarly made pebble tools from a number of early sites (before 1.5 million years) at Koobi For a, Kenya, probably made by Homo habilis. At seven sites he found that 57 percent of the flakes were right-oriented, and 43 percent left, a pattern almost identical to that produced today.

About 90 percent of modern humans are right-handed: we are the only mammal with a preferential use of one hand. The part of the brain responsible for fine control and movement is located in the left cerebral hemisphere, and the findings above suggest that the human brain was already asymmetrical in its structure and function not long after 2 million years ago. Among

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Neanderthals of 70,000 – 35,000 years ago, Marcellin Boule noted that the La Chapelle-aux-Saints individual had a left hemisphere slightly bigger than the right, and the same was found for brains of specimens from Neanderthal, Gibraltar, and La Quina.

8. According to paragraph 1, the phrase 【assisted in】 in the passage is closest in meaning to
- A. initiated
  - B. dominated
  - C. helped with
  - D. setup
9. It can be inferred from paragraph 1 that even when paint was sprayed by mouth to make a hand stencil
- A. there was no way to tell which hand was stenciled
  - B. the stenciled hand was the weaker hand
  - C. the stenciled hand was the dominant hand
  - D. artists stenciled more images of the dominant hand than they did of the weak
10. According to paragraph 2, the phrase 【depicted】 in the passage is closest in meaning to
- A. identified
  - B. revealed
  - C. pictured
  - D. imagined
11. Which of the sentences below best expresses the essential information in the highlighted sentence in paragraph 2? Incorrect choices change the meaning in important ways or leave out essential information.
- A. Right-handed artists could more easily have avoided casting shadows on their work, because engravings in prehistoric caves were lit from the left.
  - B. The tips of engraving tools and brushes indicate that these instruments were used by right-handed artists whose work was lit from the left.
  - C. The best lighting for most engravings suggests that they were made by right-handed people trying to avoid the shadow of their hands interfering with their work.
  - D. Right-handed artists try to avoid having the brush they are using interfere with the light source.

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12. All of the following are mentioned in paragraphs 1 and 2 as evidence of right-handedness in art and artists EXCEPT
- A. the ideal source of lighting for most engravings
  - B. the fact that a left hand stenciled palm upward might look like a right hand
  - C. the prevalence of outlines of left hands
  - D. figures in prehistoric art holding objects with the right hand
13. According to paragraph 3, the La Chapelle-aux-Saints Neanderthal skeleton can be identified as right-handed because
- A. other Neanderthal skeletons found nearby are also right-handed
  - B. the right arm bone is stronger than the left
  - C. it is similar to skeletons of La Ferrassie I and Neanderthal
  - D. the right side of the skeleton shows less evidence of fractures
14. Which of the following statements about fractures and cut marks can be inferred from paragraph 4?
- A. Fractures and cut marks caused by right-handed soldiers tend to occur on the right side of the injured party's body.
  - B. The right arm sustains more injuries because, as the dominant arm, it is used more actively.
  - C. In most people, the left side of the body is more vulnerable to injury since it is not defended effectively by the dominant arm.
  - D. Fractures and cut marks on fossil humans probably occurred after death.
15. According to paragraph 5, what characteristic of a Neolithic spoon would imply that the spoon's owner was right-handed?
- A. The direction of the fibers
  - B. Its long handle
  - C. The yew wood it is carved from
  - D. Wear on its left side
16. In paragraph 5, why does the author mention the Ice Age rope found in the French cave of Lascaux?
- A. As an example of an item on which the marks of wear imply that it was used by a right-handed person
  - B. Because tresssing is an activity that is easier for a right-handed person than for a left-handed

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person

- C. Because the cave of Lascaux is the site where researchers have found several prehistoric tools made for right-handed people
- D. As an example of an item whose construction shows that it was right handed made by a right-person
17. The word **【criteria】** in paragraph 6 is closest in meaning to
- A. standards
- B. findings
- C. ideas
- D. techniques
18. What was the purpose of Toth's tool making experiment described in paragraph 6?
- A. To shape tools that could be used by either hand
- B. To produce replicas of early tools for display in museums
- C. To imitate the production of pebble tools from early sites
- D. To determine which hand made the early tools
19. What is the author's primary purpose in paragraph 7?
- A. To illustrate the importance of studying the brain
- B. To demonstrate that human beings are the only mammal to desire fine control of movement
- C. To contrast the functions of the two hemispheres of the brain
- D. To demonstrate that right-hand preference has existed for a long time
20. In paragraph 1, Look at the four squares **【■】** that indicate where the following sentence could be added to the passage.
- 【The stencils of hands found in these shelters and caves allow us to draw conclusions about which hand was dominant. 】**
- Where would the sentence best fit?
- A. **■**(1)
- B. **■**(2)
- C. **■**(3)
- D. **■**(4)

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科目：運動科學概論  
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**壹、選擇題（30%）**

說明：單選題，每題答對得參分；答錯不扣分。未選答時，不給分。答題時，請標明題號。

- |  |
|--|
| 1. ( ) 人體肌纖維可分為慢縮肌及快縮肌兩種類型；依生化及收縮特性，50 公尺短跑衝刺時，動用何種肌纖維的百分比比較高？(a) 慢縮肌；(b) 快縮肌；(c) 兩者比例相當。  |
| 2. ( ) 諸如柔道、跆拳道及舉重，皆是體重分級的競賽項目，常見很多選手為控制體重而限制飲食，但訓練及比賽是需要能量的，所以當此類選手食物攝取量偏低時，我們可建議其補充何種營養素？(a) 脂肪；(b) 蛋白質；(c) 維生素。               |
| 3. ( ) 足球是種接觸性的運動，選手常發生腳踝扭傷，在運動傷害的分類中，此種傷害屬：(a) 外因性運動傷害；(b) 內因性運動傷害；(c) 自我性運動傷害。   |
| 4. ( ) 自我效能是個體在特殊環境下，執行特殊動作以產生特定結果的能力信念，此信念會受很多訊息影響形成，一般而言，何種訊息影響力最大？(a) 表現成就；(b) 生理狀態；(c) 情緒反應。                                 |
| 5. ( ) 運動中肌肉產生熱量約為休息的 100 倍，如果無法有效散熱，體溫可能過高並發生熱衰竭。人體有自行散熱的方式，不包括下列何者機制？(a) 藉由汗水揮發帶走體熱；(b) 皮膚血管擴大增加血流量，將體內熱帶至皮膚；(c) 透過高的呼吸頻率將熱排出。 |
| 6. ( ) 依據運動管理的概念，運動組織的運作，不包含下列那一個功能？(a) 領導；(b) 人員；(c) 控制。  |
| 7. ( ) 某位運動員每次參加比賽主要目標都集中在想獲得他人的讚美或肯定，按自我決定理論觀點，此種行為動因由何種動機所引發？(1) 外在酬賞；(2) 社會讚賞；(3) 比賽競爭。                                       |
| 8. ( ) 歸因指人們對事件結果給予因果分析。倘若在成功事件後，個體做出「能力很好」的歸因，按歸因理論之「內外/穩定性」概念，此種結果歸因屬性為？(1) 外在/不穩定的歸因；(2) 內在/不穩定的歸因；(3) 內在/穩定的歸因。              |
| 9. ( ) 運動產業是一種多層次及縱橫交錯的市場系統，很多大學生會利用課餘時間去觀看職棒比賽。按運動產業的分類，這樣行為可被規範為何種產業？(1) 運動產業；(2) 運動週邊產業；(3) 運動核心產業。                           |
| 10. ( ) 現今解釋「覺醒與運動表現關係」的理論很多，某理論主張：運動選手若要獲得良好運動表現，必須將個人覺醒調整至適當的區間。依此概念，其屬何種理論觀點？(1) 倒 U 字型理論；(2) 最適覺醒區域假說；(3) 大災難理論。             |

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**貳、名詞解釋 (30%)**

說明：請對下列名詞進行解釋，每題陸分。作答時，請標明題號。

1. 肌耐力
2. 心理技能訓練
3. 超載原則
4. 最大反覆次數 (maximal repetition, RM)
5. 運動增能劑

**參、簡答題 (40%)**

說明：請就問題描述進行答題，每題拾分。作答時，請標明題號。

1. 計畫行為理論認為人類行為會受到意圖 (intention) 所影響，請寫出決定行為意圖的三個要素 (10%)。
2. 跨理論模式主張行為改變會經歷五個階段，請寫出五個階段的名稱 (10%)。
3. 請寫出組成運動產業三個要素 (10%)。
4. 請寫出健康體能五個要素及其對應的檢測項目 (10%)



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科目：休閒遊憩概論  
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- 一、請用補償理論(compensation theory)及延續理論(spill-over theory)來說明休閒和工作的關係。(26%)
- 二、請說明休閒(leisure)、遊憩(recreation)及遊戲(play)的意義。(24%)
- 三、請說明心流(flow)的八個特性？(24%)
- 四、何謂休閒阻礙(leisure constraint)? 並說明個人內在阻礙(intrapersonal constraints)、人際間阻礙(interpersonal constraints)及結構性阻礙(structural constraints)的差異。(26%)

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科目：健康促進概論  
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問答題 (100%)

1. 何謂健康促進(health promotion)，請以 ottawa 憲章(1986)為基準，定義之。 10%
2. 何謂健康行為(health behavior)，請列舉五項健康行為。 30%
3. 請說明大學應如何以健康促進學校模式推動戒菸教育計劃。 20%
4. 請提出老年人的疾病預防與健康促進策略。 20%
5. 請以癌症為例，依照預防醫學三段五級概念，擬定健康促進策略。 20%