

國立成功大學

113學年度碩士班招生考試試題

編 號：301

系 所：細胞生物與解剖學研究所

科 目：科學英文

日 期：0202

節 次：第 2 節

備 註：不可使用計算機

※ 考生請注意：本試題不可使用計算機。請於答案卷(卡)作答，於本試題紙上作答者，不予計分。

1. Please translate the following paragraph into Chinese. (60%)

Therein lies the problem with body mass index (BMI). Derived by dividing someone's weight in kilograms by the square of their height in meters, a BMI number classifies a person as underweight (less than 18.5), normal weight (18.5 to 24.9), overweight (25 to 29.9) or obese (30 or more). But that simple formula obscures critical details such as the difference between muscle and fat.

The shortcomings of BMI have been recognized for decades. Yet physicians kept using it as a quick way to diagnose obesity and as a proxy for overall health. In 2013 the American Medical Association recognized obesity as a disease and noted that it often leads to many dangerous conditions, including cancer, diabetes and heart disease. The risks of obesity haven't changed.

A recent study showed just how imprecise BMI can be. A physiologist and epidemiologist at Tel Aviv University, and his colleagues looked at data on about 3,000 men and women. Roughly one third of those whose BMI placed them in the normal range were found to be obese when their actual body fat was measured. And a third of those who were identified as overweight by their BMI had normal amounts of body fat. If you are combining the misclassification on both sides, using BMI to determine obesity is like flipping a coin.

2. Please write down your opinions about the following article in English or Chinese. (40%)

As children, we develop stories about how the world works, most of which get improved upon and amended over time. But some do not, even as we mature in other ways. Opinionated, self-centered and fear-driven, these “child stories” are the source of the behavioral and emotional patterns that hold us back. When we learn to identify and rewrite these stories, limitless growth becomes possible.

In her new book, Rosamund Stone Zander shows us that life is a story we tell ourselves, and that we have the power to change that story. She illuminates how breaking old patterns and telling a new story can transform not just our own lives, but also our relationships with others—whether in a marriage, a classroom, or a business. Finally, she demonstrates how, with this new understanding of ourselves and our place within an interconnected world, we can take powerful action in the collective interest, and gain a sense of deep connection to the universe.