

國立高雄大學 102 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. 單選題(每題兩分)

1. Health is best defined as (A) The absence of disease. (B) The lack of the five D's: death, disease, discomfort, disability, and dissatisfaction. (C) Maximum physical well-being. (D) None of the above.
2. Spiritual feelings and experiences (A) Play little or no role in physical health. (B) Affect the health only of religious individuals. (C) Can affect anyone's state of wellness. (D) Are necessary for curing any physical disorder.
3. Which of the following statements is NOT consistent with the holistic health approach?  
(A) The mind and body are interrelated. (B) Disease is an imbalance in a person's total state of being. (C) Spiritual beliefs affect health. (D) Doctors are unnecessary.
4. The most effective agent of health and wellness is (A) The doctor. (B) The government. (C) Your insurance company. (D) Each individual person.
5. Hormones are synthesized and released (A) By the cerebral cortex. (B) In response to a variety of environmental stimuli. (C) By the endorphin glands. (D) At synapses between neurons.
6. The two divisions of the autonomic nervous system are (A) The left and the right. (B) The anterior and the posterior. (C) The chemical and the electrical. (D) The sympathetic and the parasympathetic.
7. Which of the following is NOT a characteristic of the fight-or-flight response? (A) Increase heart rate. (B) Increased gastrointestinal activity. (C) Dilated pupils. (D) Increased blood pressure.
8. Which of the following is not a common symptom of depression? (A) Increased appetite. (B) Insomnia. (C) Loss of interest in sex. (D) Withdrawal from social contacts.
9. Enzymes, antibodies, and many hormones are all (A) Carbohydrates. (B) Proteins. (C) Lipids. (D) Mineral-vitamin complexes.
10. The principal source of the body's energy is (A) Carbohydrates. (B) Fats. (C) Proteins. (D) Lipids.
11. Lactose intolerance is the inability to digest (A) The sugars in many fruits. (B) Refined sugars. (C) The sugar in milk. (D) Corn sugar.
12. The one essential fat required in the diet is (A) Cholesterol. (B) Linoleic acid. (C) Triglyceride. (D) Saturated.
13. The body organ that regulates the flow of nutrients in the blood and determines whether certain nutrients are to be stored or immediately transported is the (A) Liver. (B) Gall bladder. (C) Pancreas. (D) Pituitary.
14. Which of the following is NOT an essential dietary mineral? (A) Copper. (B) Lead. (C) Sulfur. (D) Phosphorus.

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15. Which of the following is a fat-soluble vitamin?  
(A) Vitamin B6. (B) Vitamin C. (C) Vitamin D. (D) Riboflavin.
16. Which of the following is NOT a nutritional deficiency-related disease  
(A) Anemia (B) Goiter (C) Dental carries (D) Osteoporosis
17. All of the following are examples of saturated fats EXCEPT  
(A) Egg yolks (B) Whole milk (C) Red meat fat (D) Olive oil
18. In normal-weight men, essential fat composes what percent of body weight?  
(A) 1 percent. (B) 3-7 percent. (C) 15 percent. (D) 20-25 percent.
19. A measure of overweight that is calculated by dividing weight in kilograms by the square of height in meters is called (A) BMR. (B) BMI. (C) WH/R. (D) BFD.
20. Which of the following is NOT a sensible weight management strategy?  
(A) Eat only when hungry. (B) Exercise.(C) Snack daily. (D) Consume little or no alcohol.
21. The form of carbohydrate found in the liver and in muscle tissue is called  
(A) Essential fat (B) Triglyceride (C) Glycogen (D) Glucose
22. Regular physical activity increases(A) Vulnerability to irregular heartbeat. (B) Basal metabolic rate. (C) Blood pressure. (D) Blood flow to the heart.
23. For a training effect to occur, heart rate during exercise should exceed what percent of the theoretical maximum heart rate? (A) 25-35 percent. (B) 40-55 percent. (C) 60-80 percent. (D) 90-100 percent.
24. Strength training that involves pushing against an immovable object is called  
(A) Yoga. (B) Isometric training. (C) Weight training. (D) Nautilus training.
25. The ability to work out over a long period of time is called  
(A) Flexibility. (B) Endurance. (C) Target zone. (D) Isometric.
26. All of the following are benefits of regular walking EXCEPT (A) Stronger muscles.  
(B) Increased aerobic capacity. (C) High rates of injury. (D) Stress reduction.
27. 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.
28. Activities you choose to make part of a regular routine should be (A) Strenuous.  
(B) Targeted to work on only one component of fitness. (C) Convenient. (D) Expensive.
29. Menopause signifies  
(A) A time of rapid degeneration of a woman's body.  
(B) A change in physiology resulting from diminished production of ovarian hormones.  
(C) The onset of a prolonged time of emotional instability.  
(D) The end of a woman's sexual interest and abilities.

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30. Sperm remain capable of fertilization inside the women's body for up to  
(A) 6 hours. (B) 1 day. (C) 3 days. (D) 6 days.
31. An epidemic of sexually transmitted diseases persists in part because (A) Most of them are incurable. (B) Negative attitudes toward STDs keep people from getting checkups and from communicating with partners about possible exposure to these diseases. (C) Almost all are caused by viruses, which don't respond to antibiotics. (D) Most of them are not detectable during a medical examination.
32. The human papillomavirus (HPV) causes  
(A) AIDS. (B) Scabies. (C) Chlamydia. (D) Genital warts.
33. Scabies is caused by (A) Pubic lice. (B) Mites. (C) HPV. (D) Treponema pallidum.
34. A risk factor that can be changed is  
(A) Age. (B) Gender. (C) Heredity. (D) Blood cholesterol
35. Worldwide environmental health problems include all of the following EXCEPT  
(A) Threat of nuclear war. (B) Depletion of the ozone layer. (C) Lead-based paint in urban dwellings. (D) Global warming.

二. 問答題：

1. 請說明生態觀光之定義及內涵，並以臺灣生態觀光之實例加以剖析。(10 %)
2. 請說明健康體適能的要素及其評估方法。(10 %)
3. 請說明休閒產業類型。(10 %)