

銘傳大學 102 年度研究所碩士班招生考試

應用英語學系碩士班

第一節

「英文閱讀與翻譯」試題

(第 1 頁共 2 頁) (限用答案本作答)

可使用計算機 不可使用計算機

I. Please translate the following statements: Chinese to English or English to Chinese (50%)

1. A special thank you to my sister, Cyndy. The first person I told of my insane idea to write a novel. Thank you for your inspiring pep talks, your honesty, and your humor. To my younger sister, Jenny, thanks for your friendship and undying optimism. Without the lifetime love and support of these amazing women, I wouldn't be who I am today. I love you and am forever grateful that we were created in the same womb. (15%) (J.D. Tynan, Dedication, Charlie Ford meets secret agent man, 2007)
2. Culture is like an iceberg. One must understand that intercultural communication behaviors, such as language, food and appearance, are driven by many invisible factors, such as beliefs, values, attitudes and perceptions. One must be prepared to deal with these factors before they suddenly become visible through conflict. (15%) (B. Dignen & J. Chamberlain, 2009, "Fifty ways to improve your Intercultural skills")
3. 我們常聽廣告詞「不這樣做，就會輸載起跑點」，大肆宣傳各種增加孩子聽力、視力、智力的好處，卻沒有提及它的實驗證據在哪裡。多學真的無害嗎？強迫才兩個月大的嬰兒爬，就是有害，孩子的骨頭都還沒長硬呢！大腦的發展過猶或不及都不好。柳宗元在〈種樹郭橐駝傳〉中說，樹種下去後，不該頻頻把它挖起來看活了沒有，教養孩子也是一樣，不能一直去測試他智力增長了沒有。智力的發展是慢慢來的，所謂「成熟」指的是水到渠成，急不得的。(20%) (洪蘭, <大腦發展不宜任意催熟>)

II. Reading Comprehension. Please answer the following questions based on the Reading passages: 50%.

Passage I: Making Time for Science:

Chronobiology might sound a little futuristic – like something from a science fiction novel, perhaps – but it's actually a field of study that concerns one of the oldest processes life on this planet has ever known: short-term rhythms of time and their effect on flora and fauna.

When it comes to humans, chronobiologists are interested in what is known as the circadian rhythm. This is the complete cycle our bodies are naturally geared to undergo within the passage of a twenty-four hour day. Aside from sleeping at night and waking during the day, each cycle involves many other factors such as changes in blood pressure and body temperature. Not everyone has an identical circadian rhythm. 'Night people', for example, often describe how they find it very hard to operate during the morning, but become alert and focused by evening. This is a benign variation within circadian rhythms known as a chronotype.

Scientists have limited abilities to create durable modifications of chronobiological demands. Recent therapeutic developments for humans such as artificial light machines and melatonin administration can reset our circadian rhythms, for example, but our bodies can tell the difference and health suffers when we breach these natural rhythms for extended periods of time. Plants appear no more malleable in this respect; studies demonstrate that vegetables grown in season and ripened on the tree are far higher in essential nutrients than those grown in greenhouses and ripened by laser.

The average urban resident, for example, rouses at the eye-blearing time of 6.04 a.m., which researchers believe to be far too early. One study found that even rising at 7.00 a.m. has deleterious effects on health unless exercise is performed for 30 minutes afterward. The optimum moment has been whittled down to 7.22 a.m.; muscle aches, headaches and moodiness were reported to be lowest by participants in the study who awoke then.

Once you're up and ready to go, what then? If you're trying to shed some extra pounds, dieticians are adamant: never skip breakfast. This disorients your circadian rhythm and puts your body in starvation mode. The recommended course of action is to follow an intense workout with a carbohydrate-rich breakfast; the other way round and weight loss results are not as pronounced.

Morning is also great for breaking out the vitamins. Supplement absorption by the body is not temporal-dependent, but naturopath Pam Stone notes that the extra boost at breakfast helps us get energized for the day ahead. For improved absorption, Stone suggests pairing supplements with a food in which they are soluble and steering clear of caffeinated beverages. Finally, Stone warns to take care with storage; high potency

銘傳大學 102 年度研究所碩士班招生考試

應用英語學系碩士班

第一節

「英文閱讀與翻譯」試題

(第 2 頁共 2 頁) (限用答案本作答)

可使用計算機 不可使用計算機

is best for absorption, and warmth and humidity are known to deplete the potency of a supplement.

After-dinner espressos are becoming more of a tradition – we have the Italians to thank for that – but to prepare for a good night's sleep we are better off putting the brakes on caffeine consumption as early as 3 p.m. With a seven hour half-life, a cup of coffee containing 90 mg of caffeine taken at this hour could still leave 45 mg of caffeine in your nervous system at ten o'clock that evening. It is essential that, by the time you are ready to sleep, your body is rid of all traces.

Evenings are important for winding down before sleep; however, dietician Geraldine Georgeou warns that an after-five carbohydrate-fast is more cultural myth than chronobiological demand. This will deprive your body of vital energy needs. Overloading your gut could lead to indigestion, though. Our digestive tracts do not shut down for the night entirely, but their work slows to a crawl as our bodies prepare for sleep. Consuming a modest snack should be entirely sufficient.

1. What did researchers identify as the ideal time to wake up in the morning?
 - a) 6.04
 - b) 7.00
 - c) 7.22
 - d) 7.30
2. In order to lose weight, we should
 - a) avoid eating breakfast
 - b) eat a low carbohydrate breakfast
 - c) exercise before breakfast
 - d) exercise after breakfast
3. Which is NOT mentioned as a way to improve supplement absorption?
 - a) avoiding drinks containing caffeine while taking supplements
 - b) taking supplements at breakfast
 - c) taking supplements with foods that can dissolve them
 - d) storing supplements in a cool, dry environment
4. The best time to stop drinking coffee is
 - a) mid-afternoon
 - b) 10 p.m.
 - c) only when feeling anxious
 - d) after dinner
- 5 1. In the evening, we should
 - a) stay away from carbohydrates
 - b) stop exercising
 - c) eat as much as possible
 - d) eat a light meal
- 6 2. Which of the following phrases best describes the main aim of this Passage?
 - a) to suggest healthier ways of eating, sleeping and exercising
 - b) to describe how modern life has made chronobiology largely irrelevant
 - c) to introduce chronobiology and describe some practical applications
 - d) to plan a daily schedule that can alter our natural chronobiological rhythms
7. Chronobiology is the study of how living things have evolved over time.
 - a) True
 - b) False
 - c) Not given
8. A 'night person' can still have a healthy circadian rhythm.
 - a) True
 - b) False
 - c) Not given
9. New therapies can permanently change circadian rhythms without causing harm.
 - a) True
 - b) False
 - c) Not given
10. Naturally-produced vegetables have more nutritional value.
 - a) True
 - b) False
 - c) Not given

本試題係兩面印刷
Exam Printed on 2 sides.

試題完
End of exam