

臺北市立大學

班 別：運動健康科學系碩士班

科目：英文（運動健康相關議題）

考試時間：90 分鐘【10：30—12：00】

總 分：100 分

不得使用計算機
或任何儀具。

※ 注意：不必抄題，作答時請將試題題號及答案依照順序寫在答卷上；限用藍色或黑色筆作答，使用其他顏色或鉛筆作答者，所考科目以零分計算。（於本試題紙上作答者，不予計分。）

一、選擇題（每題 3 分，共 30 分）

- [illegible]

6. Mr. Delta was responsible for collecting and _____ the related data for the proposal.
(A) organization (B) organized
(C) organize (D) organizing
7. A four-month investigation made it clear that America today is well into the kind of troubling world _____ the most basic principles of privacy are under attack.
(A) when (B) which (C) in which (D) wherever
8. The surgeon general's report _____ that smokers create health risks for nearby nonsmokers has encouraged companies to promote smoke-free work environments.
(A) asserting (B) asserts
(C) asserted (D) has asserted
9. More and more companies that have imposed _____ on smoking are attempting to help their employees kick the habit.
(A) restrictions (B) retention
(C) restoration (D) reward
10. The Central Bank exercises general authority and _____ over the banking and financial system in Taiwan.
(A) supervises (B) supervising
(C) supervision (D) superbly

二、問答題（共 70 分）

請詳細閱讀所附之短文後，作答下列的問題。

- （一）請說明本篇短文標題下（Regular exercise leaves you ~feel who never exercise）整段文字的意涵？（30 分）
- （二）根據本篇短文內容，請列舉 3 個透過運動可降低的疾病？（10 分）
- （三）請說明本篇短文中 Type II diabetes 整段的意涵？（15 分）
- （四）請說明本篇短文中 General health 整段的意涵？（15 分）

The Importance of Exercise

Regular exercise leaves you full of vitality and a get-up-and-go attitude. People who do physical training regularly already know that if they skip a few days they start to feel tired and lethargic, which is how many people feel who never exercise.

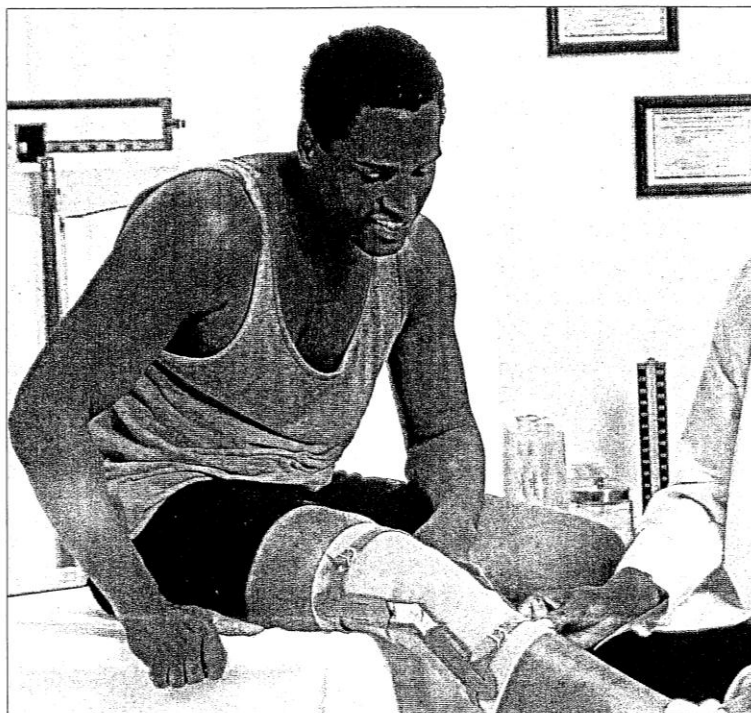
The right exercise and nutrition can dramatically reduce the risk of many common illnesses and diseases, including cardiovascular disease, various cancers and type II diabetes:

Heart disease Exercising three to four times a week and eating healthily have a positive effect on your heart. Exercise also lowers cholesterol levels and blood pressure, which considerably reduces the chances of suffering a heart attack.

Osteoporosis Regular weight-bearing exercise helps to build bone tissue and prevent age-related bone-density loss.

Cancer Exercise reduces the risk of some cancers. Two ovarian hormones that are linked to breast cancer, estradiol and progesterone, are reduced by exercise. Studies have shown that regular exercise can help prevent breast cancer by up to 60 per cent. Several studies also show that obese people who live sedentary lives are at increased risk of endometrial, colon, gall bladder, prostate and kidney cancers.

Below: If you attempt to practise a healthy lifestyle, you are less likely to worry about the doctor's findings.



Type II diabetes Regular exercise will dramatically reduce the risk of developing type II diabetes. A weight increase of 5–10kg/11–22lb doubles the risk of developing type II diabetes. More than 80 per cent of people with type II diabetes are overweight or obese, which is why it is also referred to sometimes as 'diabesity'.

Joint and back pain These common ailments can be reduced with the correct physical training, which will build muscle and increase flexibility and core stability.

Obesity A combination of cardiovascular and strength training will increase the metabolism and improve the body's capacity to burn calories. This helps to

Right: Regular physical exercise can greatly reduce unpleasant neck pain and headaches.

Above: Sporting injuries should always be assessed by a professional.



reduce the risk of developing one of the many obesity-related diseases as well as increasing wellbeing.

Psychological health The symptoms of depression and anxiety can be reduced by regular exercise. Stress is part of everyday life but exercise can equip you to cope with it. Exercise will give you greater endurance to tackle daily tasks, improve your sleep, increase your energy and give you an improved body shape, which will improve your self-esteem.



Above: Lack of exercise can have the effect of making you feel lethargic and demotivated.

Below: Fruits are a healthy alternative to sugary or fatty snacks.



General health Regular exercise has many health benefits. It can boost some vital processes in the body, such as stimulating your digestion, liver function and your glycogen system (stored glucose, mainly in the muscles and the liver). Exercise will lead to an improved immune system, it can revitalize and enhance your sex life, and may well add some years to your life. Strength training has the ability to tone, build and improve the speed of muscle contraction and reaction time through the development of strong neuromuscular pathways. You will also become more agile and benefit in many ways from improved co-ordination and balance.

Don't put it off

Fear is one of the biggest factors in motivating exercise. If you were to stand in a line of 100 people waiting for a heart attack, where in the queue would you be? If you are near the front, then fear will probably be the motivating factor that drives you to a healthier lifestyle, but why should it be this way? Be healthy before you get to the fear stage. Most importantly, respect your body – it's the only one you've got – and aim to feel good on the inside and the outside by exercising regularly.

Below: Regular strength, flexibility and core-stability training can help to prevent back pain.

