

※ 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. 常見的健康促進推廣方式包括:行為改變法(behavior change)、自我充權法(self-empowerment)和集體式行動(collective action)三種方法，請以過重學童運動介入方式為範例，說明各自的假設與使用策略。15%

2. 身體在面對壓力時，會產生的壓力反應? 請提出 3-5 項有效處理壓力的主要策略。20%

3. 請解釋以下專有名詞在身體組成與運動的應用。25%

(1) essential body fat

(2) set point Theory

(3) underweight

(4) female athlete triad

(5) High-Intensity Interval Training

4. 對於剛開始要參與肌力訓練的初學者而言，使用器械式的重量訓練器材和移動式的自由重訓方式，有何優缺點與注意事項。15%

5. 請簡要描述以下英文期刊中的題目與摘要之內容。25%

**Future directions in physical activity intervention research: expanding our focus to sedentary behaviors, technology, and dissemination**

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**Abstract**

Despite the increased health risks of a sedentary lifestyle, only 49 % of American adults participate in physical activity (PA) at the recommended levels. In an effort to move the PA field forward, we briefly review three emerging areas of PA intervention research. First, new intervention research has focused on not only increasing PA but also on decreasing sedentary behavior. Researchers should utilize randomized controlled trials, common terminology, investigate which behaviors should replace sedentary behaviors, evaluate long-term outcomes, and focus across the lifespan. Second, technology has contributed to an increase in sedentary behavior but has also led to innovative PA interventions. PA technology research should focus on large randomized trials with evidence-based components, explore social networking and innovative apps, improve PA monitoring, consider the lifespan, and be grounded in theory. Finally, in an effort to maximize public health impact, dissemination efforts should address the RE-AIM model, health disparities, and intervention costs.

(內容引自: <https://link.springer.com/article/10.1007/s10865-016-9797-8>)