

※ 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。

- 一、請針對高齡者預防(1)認知障礙症 (2)骨質疏鬆、肌少症，提出適當的運動處方的設計特殊性與注意事項。20%
- 二、請說明健身運動在抗憂鬱效果的理論機轉 10%
- 三、伍先生今年 38 歲，體重 90 公斤，身高 170 公分，為科技新貴的中階主管，平日工作壓力頗大，日常生活中很少運動但無不良習慣或成癮行為，平日休閒就是看電視、上網與朋友聚會聊天，最近健康檢查及體適能檢測結果如下表，請為林先生提出改善健康之運動處方與注意事項。20%

安靜血壓與心跳率	血液生化值	體適能檢測結果(百分常模)
血壓：150/95mmHg	空腹血糖：175mg/dl	坐姿體前彎：20 公分(30th)
心跳：85/ 分	總膽固醇：350mg/dl	一分鐘屈膝仰臥起坐：35 次(75th)
	HDL：35mg/dl	3 分鐘登階耐力指數：50(30th)

- 四、請說明對於以低強度運動與高強度運動的減重策略之適用情境。(10%)
- 五、何謂跨理論模式 5%
- 六、何謂設定點理論(setpoint theory)?與運動的相關性? 10%
- 七、請大致說明以下文章內容，並對此項觀點進行評論(提出前五名產業)25%

Worldwide survey of fitness trends for 2020

ACSM's annual survey of worldwide fitness trends is now in its 14th year. New to this year's survey was the inclusion of potential new trends such as mind-body movement (e.g., tai chi) and lifestyle medicine. Other trends were more specifically defined in the 2020 survey. For example, virtual/online training was redefined as online training, water workouts were redefined as aquatic exercise, circuit weight training was redefined as circuit training, mobile phone exercise apps was redefined as mobile exercise apps, and barbell training was redefined as training with free weights. As in the past, the results of this annual survey will help the health and fitness industry make some very important business decisions for future growth and development. These investments can now be based on emerging trends that have been identified by health fitness professionals and not on the latest exercise innovation marketed during late night infomercials on television or the next hottest celebrity endorsing a product.

Wearable technology took over the no. 1 spot in 2019 and 2020 after dropping to no. 3 in 2018. HIIT, the no. 1 trend in 2014 and 2018 fell to no. 3 in 2019 and has now regained the no. 2 spot. Group training made a significant return in 2017 as the no. 6 trend and has been the no. 2 trend for the past 2 years (2018 and 2019) and is now no. 3 in 2020. Training with free weights (which replaced barbell training for 2020) is the no. 4 trend. Personal training is still in the top 10. Fitness programming aimed at older adults has regained some popularity after falling out of the top 10 trends in 2017, appeared as no. 9 in 2018, no. 4 in 2019, and no. 8 in 2020. Body weight training first appeared as fitness trend at no. 3 in 2013 and has been a top 5 fitness trend since that time, realizing a peak as the no. 1 fitness trend in 2015. In 2019, body weight training was the no. 5 trend, and in 2020, it is the no. 7 trend. Other trends to watch are health/wellness coaching, EIM, lifestyle medicine, and exercise programs specifically designed for children.

資料來源:節錄: ACSM's Health & Fitness Journal, 23 (6) p 10-18 , 2019