

國立成功大學  
110學年度碩士班招生考試試題

編 號： 262

系 所： 體育健康與休閒研究所

科 目： 運動健康促進概論

日 期： 0203

節 次： 第 3 節

備 註： 不可使用計算機

※ 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、請大致說明以下文章內容，並對此項對該文章所提建議觀點的理論依據進行評論 25%

**Starting an exercise program during a pandemic**

When starting a PA or exercise program while in the midst of a pandemic, public health recommendations for social distancing and hygiene practices are paramount considerations when starting a PA or exercise program. Becoming physically active and reducing sedentary behavior is easily accomplished by avoiding sitting for long time periods, taking short movement or activity breaks, utilizing online exercise classes, and using mobile technologies such as telephone applications and wearable sensors to encourage movement. Examples of home exercises not requiring large spaces or equipment while easily practiced at all times of the day include walking, stair climbing, lifting and carrying groceries, chair squats, pushups, sit-ups, rope jumping, yoga, Pilates, and Tai Chi. A beginning exercise program should start at low intensities for short durations and progress slowly to more intense PA or exercise periods of longer durations. Because these activities are easily performed at home, difficulties in finding facilities with proper space and specific equipment is reduced or eliminated. A goal of any beginning PA or exercise program is to progressively work toward completing at least one-half hour of moderate PA every day or at least twenty minutes of vigorous PA every other day of the week. Ideally, strengthening-type activities are included in daily activities at least twice a week. In addition, vigorous-intensity activities that strengthen muscle and bone are recommended at least three times per week.

資料來源:節錄: The COVID-19 pandemic and physical activity Sports. Medicine and Health Science, 2(2) Pages 55-64,2020.

二、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%)

三、何謂健康信念模式?如何應用於高齡健身運動? 15%

四、何謂設定點理論(setpoint theory)?與運動的相關性? 10%

五、請說明身體活動對於糖尿病高危險群的效益及運動處方 15%

六、運動強度的監控模式有哪些方式?請以高血脂成年人的運動處方的設計與應用為例說明。15%

七、試述壓力與健康、工作表現的關係為何?身體活動在減壓所扮演的角色為何? 10%