

國立成功大學

111學年度碩士班招生考試試題

編 號： 255

系 所： 體育健康與休閒研究所

科 目： 運動健康促進概論

日 期： 0220

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、請說明「身體活動」與「運動」的差異。(10%)
- 二、請說明不同運動時血壓的急性反應及運動訓練對血壓的控制效果。(20%)
- 三、請討論空氣汙染對於戶外運動的影響，與預防處理原則(10%)
- 四、何謂肌少型肥胖?運動處方應如何規劃?(20%)
- 五、請說明健身運動影響焦慮的理論機轉與實務建議 (20%)
- 六、請大致說明以下文章題目與摘要內容，並予以評論(20%)

The year 2020 is the most memorable in many of our lives, especially those of us in the fitness industry. We predicted that the worldwide pandemic known as COVID-19 would change everything. Well, it did, and now as we enter the year 2022, the fitness world continues to feel its effects. The more widespread use of vaccinations, mitigation efforts, and our need to get back to a normal lifestyle may have influenced the 2022 survey results. These investments can be based on emerging trends that have been identified by health fitness professionals all over the world instead of basing these decisions on the latest exercise infomercials found on television, social media, or the next hottest celebrity endorsing a product.

For example, home gyms will continue to be a popular alternative to going to a gym as a consequence of the global COVID-19 pandemic. People will continue to isolate themselves by staying home and taking advantage of the abundant equipment now available, along with effective online classes. Home gyms can use minimal equipment or expensive treadmills and bikes. Home gyms can also be solo or family events. This is the first year home exercise gyms have appeared as a fitness trend. As the world emerges from the isolation imposed by the COVID-19 pandemic, home gym manufacturers will need to make major adjustments, including lowering the price of equipment, to convince consumers that home gyms are a better option than place-based gyms.

資料來源:摘錄 ACSM's Worldwide Survey of Fitness Trends for 2022, Health & Fitness Journal, 26(1) p 11-20.