

國立臺北護理學院九十六學年度碩士班招生

運動保健系碩士專班

運動保健概論試題

注 意	1.請用 <u>中文或英文</u> 作答。 2.請標明題號依序於 <u>答案卷</u> 上作答。
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I . Please define the following terms. (20%)

1. Metabolic equivalent (MET)
2. Sit-and-reach
3. Physical activity
4. Perceived self-efficacy

II . Please develop a program to improve your cardiovascular fitness.
(20%)

III . Please explain the relationship between body mass index and health-related physical fitness in children and adolescents. (20%)

IV . What is body composition? Please describe the measurement of body composition. (20%)

V . Please describe the differences between health-related physical fitness and skill-related physical fitness. (20%)