

國立臺北護理學院九十七學年度碩士班招生

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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1. Please design a program to control your body weight. (20%)
2. Please describe the potential effects of aquatic exercise program for adults with arthritis. (20%)
3. What is flexibility? Please design a program to promote elders' flexibility. (20%)
4. Can the theory of planned behavior predict the maintenance of physical activity? Why? (20%)
5. Please define the following terms: (20%)
 - (1) Energy expenditure
 - (2) Weight training
 - (3) Body image
 - (4) Exercise barriers