

國立臺北護理學院九十八學年度碩士班招生

運動保健系碩士專班甲組

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 explain the relationship between physical activity and physical fitness in youth. (20%)
2. Please design an exercise program to improve muscle strength and endurance. (20%)
3. How does regular exercise influence chronic diseases? (20%)
4. Please describe secular trends in overweight and obesity prevalence in Taiwanese children. (20%)
5. Please define the following terms: (20%)
 - (1) Pilates
 - (2) Body composition
 - (3) Exercise benefits
 - (4) Cardio-respiratory fitness