

國立屏東科技大學 九十七 學年度碩士班甄試招生考試

休閒運動保健系乙組 運動科學 試題

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一、根據 Deci & Rayn 之「自我決定理論」(Self-determination theory, SDT) , 個體之行為動機可區分為 amotivation, intrinsic motivation & extrinsic motivation , 請就此三個名詞分別加以闡述；並舉例於青少年族群之運動參與特性 (25%)。

二、「社會學習論」強調學習歷程及個人與環境之交互作用 請就該理論中之「依附關係」的觀點討論社會運動之推廣(25%)。 Created by Unregistered Version

三、Please explain these terms:

(1) recovery period (5%)

(2) passive recovery (5%)

(3) active recovery (5%)

(4) Please describe potential benefit(s) or adverseness (s) of the above 2 modes of recovery activities for body temperature regulation in this period. (15%)
(You can answer in English. Chinese is also acceptable.)

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四、請解釋 metabolic equivalent (MEIs), 並寫出其代表的數值 (每單位) 與單位。(20%)
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(You can answer in English. Chinese is also acceptable.)