

國立體育學院九十二學年度研究所碩士班入學考試試題
運動保健學 (本試題共 一 頁)

※注意:答案一律寫在答案卷上,否則不予計分

1. One member in your exercise class has been complaining of back pain with no radiate symptoms. She has been treated medically and is now joining the exercise program in order to improve flexibility in the low back. Please design and carry out the appropriate exercise program for her to reach the stated goal. (40 分)
2. Explain" Fuel Utilization During Exercise" (40 分)
3. 運動訓練對老年人心血管的好處及預防措施? (40 分)
4. Diuretics 與高血壓的關係? (40 分)
5. 一位好的體能指導員應該有哪些特質與能力? (40 分)