

國立體育學院九十五學年度研究所博士班入學考試試題
英文 (本試題共1頁)

※注意：1、答案一律寫在答案卷上，否則不予計分。

2、請核對試卷、准考證號碼與座位號碼三者是否相符。

3、試卷『彌封處』不得汙損、破壞。

4、行動電話或呼叫器等通訊器材不得隨身攜帶，並且關機。

Reading Comprehension and Writing:
First, read the following article. Then, answer the questions.

PICTURE THE SCENE: It's the seventeenth Winter Olympics in Lillehammer, Norway. Dan Jansen, a famous American speed skater, is about to compete in the 500-meter race. This is the fourth Olympics he has participated in. In the first three races, he failed to win any medals. This will be his last Olympic competition, so the pressure is on. About halfway through the 500, one of Dan's skates catches a rough spot on the ice, and this slows him down. He wins no medal at all. Three days later Dan competes in the 1000-meter race. Everyone knows this is his last chance for a medal. Some observers have already written him off. Dan starts off well. As he is coming around a turn, though, his skate again hits a rough spot on the ice, and he almost falls. Will the outcome be the same? He says to himself that he's just going to keep skating and let what happens happen. In effect, he "cast his fate to the winds" and ceases to worry about the outcome. The result? Dan set a world record and wins the gold medal.

PICTURE ANOTHER SITUATION: Your two best film-buff friends have seen the reissued *Star Wars*, but you haven't seen it yet. They rave about its superb color photography and awesome special effects. They applaud its basically serious and even profound treatment of the age-old conflict between good and evil. They say it's the best American movie of the last half of the century. When you go to see it, though, you're disappointed. You don't find it as excellent as everyone has been saying. In fact, you consider it just another action-adventure flick.

These situations illustrate what we might call "the expectation syndrome," a condition in which events do not turn out as we feel they ought to. Children often do not meet their parents' career expectations of them. Athletes do not always win what people expect them to win. Great literature doesn't always seem as good as it should. According to psychiatrist Robert Stevens, there is an actual scientific basis for the negativity of expectations; it is not merely a philosophical question, an unpleasant, frustrating irony of the human condition. That is the immense power of the mind. For example, there is a documented medical phenomenon called "focal dystonia," which is an abnormal muscle function caused by extreme concentration. Somehow, when athletes are concentrating too hard, they "short circuit" certain brain functions and miss the basket, don't hit the ball, or lose the race. In effect, they're letting their expectations control them. So there's a physiological counterpart to what the mind manifests.

In fact, the mind has immense power for both positive and negative things. Take my own experience of skiing for example. As a cautious high-intermediate skier, I stand at the top of a steep, icy slope, plotting my every move down the course, fearing that I'll fall. Sure enough, I do fall. But if my expectations are miles away, I ski well and don't fall. When we focus excessively on goals, our expectations tend to take over and our mind places us outside the process. On the other hand, when we concentrate on the process instead of the goal, we're often much more successful. In short, it is better to hope for things than to expect them.

1. What is the main idea of the article? 5%
2. What does "cast his fate to the winds" mean? 5%
3. What does "there's a physiological counterpart to what the mind manifests" mean? 5%
4. What is the expectation syndrome referring to? 5%
5. What is the phenomenon "focal dystonia" mainly about? 5%
6. What is the difference between hoping for something to happen and expecting it to happen? Write an expository paragraph with illustration(s) of your personal life experience. (60-80 words) 25%
7. Write a critique on the article you just read. (200-300 words) 50%