

國立體育大學 100 學年度教練研究所博士班入學考試試題
教練科學組

運動生理學文獻評論

(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』不得污損、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。

(共計 100 分)

須以中文、橫書作答

Title: Sixteen Weeks of Exercise Reduces C-Reactive Protein Levels in Young Women. Med. Sci. Sports Exerc., Vol. 43, No. 6, pp. 1002–1009, 2011.

1. (a) What are the interest, originality, and importance to you in this paper? (10 分)
(b) What's the practical application do you think after you read this paper? (10 分)
2. (a) Please describe the roles of adiponectin and leptin in inflammatory process. (10 分)
(b) Give examples for the proinflammatory markers. (10分)
3. Please describe the exercise protocols. (15 分)
4. Do you think this manuscript have sufficiently evidence based to make the conclusion by the data presented? Describe your comment. (15 分)
5. How did the authors measure the stress and depression scores in this paper? (15 分)
6. The authors found that a 16-wk aerobic exercise program significantly decreased levels of CRP in young women. What is the possible mechanism according to the authors' statements? (15 分)