

國立臺灣體育大學九十八學年度教練研究所博士班入學考試試題

(本試題共 17 頁)

運動生化營養組

運動生理學 (含生化營養學)

- ※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。
5 請以中文(專有名詞可用英文)、橫書作答。

(總分 100 分)

Title: Creatine, Arginine α -Ketoglutarate, Amino Acids, and Medium-Chain Triglycerides and Endurance and Performance. International Journal of Sport Nutrition and Exercise Metabolism. 18: 493-508, 2008

1. Descriptive or schematic representation of experimental procedures.(25分)
2. The authors suggest that Cr + A-AKG supplementation improves peak power output on repeated Wingate test. Based on the data presented, please describe the evidence to support this point. (25分)
3. (a) What are the interest, originality, and importance to you in this paper?
(b) What's the practical application do you think after you read this paper?
(30分)
4. Xpand supplement contains several ingredients (Table 1). In authors' opinions, what are the ergogenic effects for creatine, L-arginine, BCAA, MCT, taurine, glutamine, and L-citrulline in this experiment? (20分)

Ingredient	ergogenic effect
creatine	
L-arginine	
BCAA	
MCT	
taurine	
glutamine	
L-citrulline	