

# 國立臺北教育大學 104 學年度碩士班招生入學考試

## 體育學系碩士班 運動生理學 科試題

- 一、試述高住高練(Living High Training High ; HiHi)和高住低練(Living High Training Low ; HiLo) 在運動訓練的應用。(25 分)
- 二、 How does modern theory of Exercise Post-Oxygen Consumption (EPOC) differ from the classical oxygen debt theory proposed by A. V. Hill? (25 分)
- 三、試述肌酸增補(Creatine Supplementation)在運動表現的應用。(25 分)
- 四、 Describe the different types of warm-up activities and the mechanisms by which they may improve performance.(25 分)