

運動科學與復健

Practice Worksheet

A. Vocabulary - Write the English word

Write the correct English word for each Chinese meaning.

1. 運動學 (n.) _____
2. 生物力學 (n.) _____
3. 生理學 (n.) _____
4. 心血管的 (adj.) _____
5. 有氧的 (adj.) _____
6. 無氧的 (adj.) _____
7. 最大攝氧量 (n.) _____
8. 乳酸 (n.) _____
9. 閾值 (n.) _____
10. 耐力 (n.) _____
11. 體力 (n.) _____
12. 柔軟度 (n.) _____
13. 敏捷性 (n.) _____
14. 協調性 (n.) _____
15. 本體感覺 (n.) _____

B. Grammar - Choose the correct answer

1. _____ exercise involves static muscle contraction without movement.
(A) Isometric (B) Isotonic
(C) Isokinetic (D) Plyometric
2. The _____ threshold indicates the point at which lactic acid accumulates.
(A) aerobic (B) anaerobic
(C) lactate (D) glycemic
3. _____ training involves short bursts of high-intensity exercise.
(A) HIIT (B) LISS
(C) Yoga (D) Pilates

4. It is essential that athletes _____ properly hydrated.
(A) stay (B) staying
(C) stayed (D) stays
5. Unless proper warm-up _____ performed, injury risk increases.
(A) was (B) is
(C) be (D) being
6. The _____ athlete was immediately removed from play.
(A) injuring (B) injury
(C) injured (D) injure
7. The coach made the team _____ extra laps.
(A) to run (B) running
(C) ran (D) run
8. _____ management in contact sports now requires immediate medical evaluation.
(A) Concussion (B) Contusion
(C) Confusion (D) Conclusion
9. The Paralympic movement challenges perceptions of _____.
(A) ability (B) disability
(C) inability (D) capability
10. Provided that recovery protocols are followed, full healing _____ expected.
(A) was (B) is
(C) were (D) be

C. Listening - Go to learn.chparenting.com to listen

1. 腦震盪管理有什麼改變？
(A) Athletes should play through head injuries.
(B) Concussion protocols now require immediate removal and medical evaluation.
(C) Head injuries in sports have no long-term effects.
2. 早期專項化的爭議是什麼？
(A) Early specialization is universally recommended.
(B) Research suggests early specialization increases injury and burnout risk.
(C) All children should specialize before age ten.
3. 穿戴式科技如何影響運動訓練？
(A) Wearable technology has no impact on training.
(B) Wearable tech helps optimize performance but shouldn't replace body awareness.
(C) Athletes should rely solely on technology for training decisions.
4. 運動員心理健康意識有什麼進展？
(A) Mental health is not relevant to athletic performance.
(B) Athletes speaking openly has reduced stigma around mental health.
(C) Professional athletes never experience mental health issues.

5. 帕拉林匹克運動有什麼發展?

- (A) The Paralympics have remained small since 1960.
- (B) The Paralympic movement has grown and challenges perceptions of disability.
- (C) Adaptive technology has not improved.

D. Reading - [Go to learn.chparenting.com](http://learn.chparenting.com) to read the passage

1. What is now considered the most important recovery tool?

- (A) Ice baths
- (B) Sleep
- (C) Supplements
- (D) Cryotherapy

2. What does the passage say about nutrition timing?

- (A) It is the most important factor.
- (B) Overall diet quality matters more than precise timing.
- (C) It has no effect on recovery.
- (D) Only protein matters.

3. What is the evidence for cryotherapy chambers?

- (A) Strongly supported by research
- (B) Limited evidence for superiority over simpler methods
- (C) Proven to be harmful
- (D) No studies have been conducted

4. Why is psychological recovery important?

- (A) It is not important.
- (B) Mental fatigue can impair performance as much as physical tiredness.
- (C) Only physical recovery matters.
- (D) Psychology has no role in sports.

5. How has the approach to recovery changed?

- (A) It still focuses only on rest and ice.
- (B) It is now recognized as an active, multifaceted process.
- (C) Technology has made recovery unnecessary.
- (D) Recovery science has not evolved.

