

壹、體育運動的定義與本質名詞解釋（50%每題5分）

- 一、體育(Physical Education)
- 二、運動(Sport ; Sports)
- 三、競技運動 (Athletics)
- 四、休閒活動 (Recreation)
- 五、體適能 (Physical Fitness)
- 六、健康(Health)
- 七、全人健康 (Wellness)
- 八、全民運動 (Sports for All)
- 九、體育的本質 (Essentials of Physical Education)
- 十、奧林匹克運動會 (Olympic Games)

貳、英翻中（任選2題50%每題25分）

1.B.M.NIGG (1993) Definition of Physical Education: the academic discipline which educates professionals to work in practical and educational jobs relates to physical activity and sports, e.g. teachers of sport in schools and fitness instructors.

2.Harold J. Vander Zwaag (1988) defines sport as" a competitive physical activity utilizing specialized equipment and facilities with unique dimensions of time and space in which the quest for records is of high significance

3.Werner W. K. Hoeger & Sharon A. Hoeger (1994): American Medical Association, Which has defined physical fitness as the general capacity to adapt and respond favorably to physical effort. Individuals are physically fit when they can meet the ordinary as well as the unusual demands of daily life safely and effectively without being overly fatigued. And still have energy left for leisure and recreational activities.