

绝密★启用前




2009 年在职攻读硕士学位全国联考  
体育硕士



入学资格试卷

考生须知

1. 本试卷满分 150 分。
2. 请考生务必将本人考号最后两位数字填写在本页右上角方框内。
3. 本试卷为 **A** 型试卷，第一部分的答案必须用 2B 铅笔填涂在 **A** 型答题卡上，做在其它类型答题卡或试卷上的无效。答题前，请核对答题卡是否 **A** 型卡，若不是，请要求监考员予以更换。
4. 在答题卡上正确的填涂方法为在答案所代表的字母上划线，如  [B] [C] [D]。
5. 第二部分必须用蓝色或黑色墨水笔在答题纸上指定位置按规定要求作答，未做在指定位置上的答案一律无效。
6. 交卷时，考生须配合监考员验收，并请监考员在准考证上签字（作为考生交卷的凭据），否则，若发生答卷遗失，责任由考生自负。

## 第一部分

### 一、英语语法单项选择题

**Directions:** *In this part there are ten incomplete sentences. For each sentence there are four choices marked A, B, C and D. Choose the one that best completes the sentence. Mark your answer on the ANSWER SHEET with a single line through the center. (10 points, one for each)*

1. By the end of next year, they \_\_\_\_\_ another three modern hotels there.  
A. will build  
B. will be building  
C. will have been built  
D. will have built
2. This kind of fresh fruit \_\_\_\_\_ wonderful.  
A. are tasted  
B. tastes  
C. taste  
D. is tasting
3. Hardly had he finished his speech \_\_\_\_\_ the audience started cheering.  
A. when  
B. before  
C. than  
D. until
4. Once environmental damage \_\_\_\_\_, it may take many years for the system to recover.  
A. has done  
B. is to do  
C. is done  
D. does
5. \_\_\_\_\_ the price, they are prepared to pay for it.  
A. However  
B. Whatever  
C. Whichever  
D. Wherever
6. Michael Jordan is, by far, and will be for a time \_\_\_\_\_, the best basketball player in the history of the game.  
A. coming  
B. to have come  
C. to come  
D. to be
7. How close parents are to their children \_\_\_\_\_ a strong influence on the character of their children.  
A. have  
B. has  
C. having  
D. had
8. It is high time that the international community \_\_\_\_\_ together to fight against the current financial crisis.  
A. work  
B. works  
C. worked  
D. working

9. Today left-handedness is generally accepted but it is still a disadvantage in a world \_\_\_\_\_ most people are right-handed.
- A. which    B. that  
C. when    D. where
10. Only by understanding the Web deeply \_\_\_\_\_ hope for people to grasp its full potential.
- A. can there be    B. can be there  
C. be there can                                        D. there can be

## 二、英语词汇单项选择题

**Directions:** *In this part there are ten incomplete sentences. For each sentence there are four choices marked A, B, C and D. Choose the one that best completes the sentence. Mark your answer on the ANSWER SHEET with a single line through the center. (10 points, one for each)*

11. We want the government to take \_\_\_\_\_ of what we think they should do for the homeless.
- A. steps    B. measures  
C. notice    D. sight
12. It is reported that computers \_\_\_\_\_ for 5% of the country's commercial electricity consumption.
- A. accumulate                                      B. account  
C. accord    D. accomplish
13. How did it \_\_\_\_\_ you were so unhappy with the news?
- A. come about                                      B. come out  
C. come to    D. come around
14. The young heir was so \_\_\_\_\_ that he gave all his money away in a couple of years.
- A. handsome                                        B. genuine  
C. talented    D. generous
15. Don't drive so \_\_\_\_\_! We've got plenty of time.
- A. fast    B. quickly  
C. rapidly    D. swiftly
16. The job is great \_\_\_\_\_ salary, but it has its disadvantages.
- A. in terms of                                      B. in favor of  
C. in spite of                                        D. in place of

17. In the speech the president made his most significant call for the expansion of people's \_\_\_\_\_ in politics.
- A. attention    B. participation  
C. intervention    D. consultation
18. Once you can afford to feed, clothe and house yourself, each extra dollar \_\_\_\_\_ less and less difference.
- A. takes    B. causes  
C. makes    D. results
19. It may be worthwhile at this moment to \_\_\_\_\_ and see what results we have got after one year's experiments.
- A. look back     B. look around  
C. look up    D. look forward
20. What you're \_\_\_\_\_ to read may challenge your assumptions about the kind of world we live in.
- A. around    B. ahead  
C. above    D. about

### 三、英语阅读理解题

**Directions:** *In this part there are two passages. Each passage is followed by questions or unfinished statements with four choices marked A, B, C and D. Decide on the best choice and mark your answer on the Answer Sheet with a single line through the center. (10 points, one for each)*

#### Passage One

**Questions 21-25 are based on the following passage:**

Attention-deficit disorder (ADD) happens with about 5% of children in school. These children show signs of not paying attention or doing things without thinking first. They may not be able to follow more than one direction at a time. Their actions can be quick and they talk like they are in a hurry. Doing these things is called "being **hyperactive.**" Many of the children who are looked at for ADD seem hyperactive. They tend to bother other students at the wrong times. Sometimes a child with ADD is labeled as lazy, excited, or a trouble maker. Many times the problem is not their fault and they can not control it. About half of the children with ADD usually stop their ADD behavior by the time

they become an adult. Those that do not lose their ADD behavior continue to have a hard time staying on one task for very long. There are many reasons why a person may have a hard time focusing on a task for very long. A doctor will need to see or hear about how the person acts in a lot of different places. The medical history of the person is important, too. There are tests that can be given to help in seeing if the person has ADD. Sometimes medicine can help a person with ADD. It can help the person to focus on a task longer and to cut down on responding to distractions. The medicine must be given by a doctor and the person with ADD carefully watched to see if the medicine is helping.

21. Which of the following is NOT a sign of ADD children?
- A. Not focusing on what they are doing.
  - B. Talking like they are in a hurry.
  - C. Thinking twice before taking action.
  - D. Following one direction at a time.
22. The word “hyperactive” (Line 4) most probably means “\_\_\_\_\_”.
- A. talkative
  - B. overactive
  - C. sensitive
  - D. threatening
23. What happens to ADD children when they become adults?
- A. Some may stop their ADD behavior.
  - B. They tend to be lazy and troublesome.
  - C. They have to rely on medical treatment.
  - D. They have a hard time in their life.
24. Tests can be given to children by a doctor \_\_\_\_\_.
- A. to help them focus on a task longer
  - B. to help confirm whether they have ADD
  - C. to learn more about their medical history
  - D. to see how they act in different situations
25. What does the medicine for ADD help to do?
- A. Stop making troubles.
  - B. Respond more to distractions.
  - C. Watch the children carefully.
  - D. Stay on a task longer.

## Passage Two

### Questions 26-30 are based on the following passage:

The strong tie between organized sports and the competitive ethic (准则) has given greater importance to men's sports than to women's, since man's role in the United States is viewed as more competitive and aggressive than woman's. As one high school teacher stated more than two decades ago: "Our culture does not require girls to compete against each other in physical activity to achieve the acceptable female image. Our culture does require boys to do so."

During the last fifteen years, however, this has been changing, and a stronger emphasis on equality for women has emerged in all facets (方面) of American life, including organized sports. High schools and colleges have been urged to give more emphasis to women's sports and to spend more money on them. In fact, laws governing equality have required many schools to do so.

It is still true, however, that most Americans believe men's organized sports are more important than women's. In high school, and to a lesser extent in college, males earn popularity and recognition through competing in organized sports, while females often earn these same things by being cheerleaders. The cheerleader does not compete. Rather, she is part of a group of pretty girls who lead the people watching football or basketball games in cheering for the school team, which is composed of competitive young men.

The difference in roles between the males and females at major sports events reflects differences in traditional roles later in life, when men are expected to compete for economic success and women are supposed to give men emotional support as wives and homemakers.

26. What has brought greater importance to men's sports?
- A. The strong tie between sports and competition.
  - B. The competitive and aggressive nature of men.
  - C. The improper teaching of high school education.
  - D. The competition against others in physical activity.
27. The last fifteen years in America has seen \_\_\_\_\_.
- A. a stronger emphasis on men's sports
  - B. a significant increase in fund for sports
  - C. a social trend towards equality for women
  - D. the passing of laws more favorable to women

28. Which of the following is **NOT** true according to paragraph 3?
- A. Men's sports are considered more important than women's.
  - B. Males and females earn popularity through different ways.
  - C. Males earn less recognition in college than in high school.
  - D. Females often lead people cheering for the school team.
29. Men and women have different traditional roles in life because \_\_\_\_\_.
- A. they play different roles at major sports events
  - B. men are stronger in competing for economic success
  - C. women can give men more emotional support as wives
  - D. society has different expectations of men and women
30. This passage is mainly concerned with \_\_\_\_\_.
- A. the competition between men and women
  - B. the inequality between men and women
  - C. the difference in expectations of men and women
  - D. the relation between sports and competition

四、体育综合单项选择题（每小题 1 分，共 15 分）

31. 运动强度愈大，持续时间愈（ ）的运动项目，每分需氧量则愈（ ）。
- A. 长，大
  - B. 短，大
  - C. 长，小
  - D. 短，小
32. 三磷酸腺苷在酶的催化下，迅速分解为（ ），并释放出能量。
- A. 三磷酸腺苷和无机磷酸
  - B. ADP 和有机磷酸
  - C. 三磷酸腺苷和有机磷酸
  - D. ADP 和无机磷酸
33. 学习和掌握运动技能，就是建立（ ）的过程。
- A. 反射
  - B. 条件反射
  - C. 运动条件反射
  - D. 非条件反射
34. 胰岛素是由胰岛的（ ）细胞分泌的。
- A.  $\alpha$
  - B.  $\beta$
  - C.  $\gamma$
  - D.  $\theta$
35. 到达高原初期，运动员的晨脉比在平原时会（ ）。
- A. 下降
  - B. 升高
  - C. 不变
  - D. 不稳定（一会儿高，一会儿低）

36. 社区体育是指在社区居民的居住区内开展的（ ）体育活动。
- A. 群众性  
B. 竞技性  
C. 娱乐性  
D. 竞赛性
37. 我国在 2001 年进行了最有力度的体育课程改革，将体育课更名为体育与健康课，施行新的体育与健康课程标准，并将体育课的目标划分为（ ）五个横向领域目标和六个纵向水平目标。
- A. 运动参与、运动技能、身体健康、心理健康、社会适应  
B. 身体素质、身体机能、器官功能、兴趣爱好、社会服务  
C. 运动方法、运动方式、运动动作、运动技能、运动习惯  
D. 身体健康、心理健康、道德健康、行为健康、社会文化素养高
38. 应试教育在学校体育中的反映是：片面强调所谓社会的需要和统一的要求，采取（ ）的模式来对待学校体育工作和学生的体育学习，忽视甚至压抑学生的体育兴趣与体育特长的发展。
- A. 前苏联的体育教学大纲和教材  
B. 以传授运动技术为中心，以技评达标为目的  
C. 以学生为本，因材施教  
D. 一个大纲、一个教材、一种标准、一个规格、“一刀切”、“齐步走”
39. 在体育教学过程中，常用的以语言传递信息为主的体育教学方法有（ ）。
- A. 动作示范法、演示法、保护与帮助法、视听引导法等  
B. 分解练习法、完整练习法、领会教学法和循环练习法  
C. 讲解法、问答法、讨论法  
D. 竞赛法、游戏法
40. 体能是指人体在运动中各器官系统所表现出的能力,它包括与健康有关的体能和与运动有关的体能。与健康有关的体能包括（ ）。
- A. 力量、速度  
B. 耐力、灵敏  
C. 爆发力、骨骼强度  
D. 心肺耐力、柔韧性、肌肉耐力、身体成份、肌肉力量等
41. 下列不属于间歇训练法的是（ ）。
- A. 低强度间歇训练法  
B. 高强度间歇训练法  
C. 强化性间歇训练法  
D. 发展性间歇训练法



42. 等动力量训练法的优点是（ ），并在各个角度上的力量都能得到提高。
- A. 肌肉长度和角度都有变化                      B. 肌肉力臂和张力都有变化  
C. 力臂长度和张力都有变化                      D. 肌肉长度和张力都有变化
43. 采用持续训练法发展有氧耐力的负荷应该控制心率在（ ）。
- A. 150 次/分~160 次/分                      B. 170 次/分~180 次/分  
C. 140 次/分~170 次/分                      D. 120 次/分~150 次/分
44. 发展最大力量的负荷强度不宜低于本人最大负重量的（ ）。
- A. 40%    B. 30%  
C. 50%    D. 20%
45. 下列不属于动作要素的内容是（ ）。
- A. 动作轨迹                                      B. 动作质量  
C. 动作时间                                      D. 动作力量

五、体育综合判断题（判断下列各命题是否正确，正确的在字母“A”上填涂，错误的在字母“B”上填涂，在其它字母上填涂的无效。每小题 1 分，共 15 分）

46. 体育运动按人体参与活动的基本方式分类，可分为走、跑、跳跃、投掷、攀登、爬跃、悬垂支撑和平衡、角力等。（ ）
47. 运动能力即指运动员的参赛能力，是竞技能力诸多表现中的一种。（ ）
48. 运动训练方法是指在运动训练过程中，为提高某一竞技运动能力、完成某一具体的训练任务所采用的身体练习，是具体的有目的的身体活动方式。（ ）
49. 间歇训练法是指对练习过程组间间歇时间做出严格规定，使机体处于不完全恢复状态下，反复进行训练的练习方法。（ ）
50. 运动员运动技术水平的高低，通过其动作质量判定。（ ）
51. 暗示训练法是指在训练中采用有效刺激物把运动员的心理状态引导到某一个事物或方向上去的训练方法，可为顺利完成训练与比赛任务建立良好的心理状态。（ ）
52. 动作技能形成、提高的过程是：热身和逐渐加强运动负荷的阶段→根据教学的需要调整和控制运动负荷的阶段→恢复和逐渐降低运动负荷的阶段。（ ）
53. 不管在什么时候使用队列队形，应尽量达到如下基本要求：1) 简捷高效；2) 利于课堂教学；3) 合理利用口令。（ ）

54. “有价值的弯路”，即花时间又没有实际意义的步骤；“无价值的弯路”即虽看起来稍花时间但实际上是很重要的步骤。（ ）
55. 在场地器材的布置中要注意以下问题：1) 灵活性；2) 开放性；3) 综合性；4) 兴趣性；5) 自主性。（ ）
56. 慢肌纤维较快肌纤维兴奋阈低、收缩力大且持续时间长。（ ）
57. 血浆与血清的主要区别在于血浆含有纤维蛋白原，而血清则不含此蛋白。（ ）
58. 心交感神经兴奋时可引起心率加快，心肌收缩力减弱。（ ）
59. “极点”的出现标志着进入工作状态的结束。（ ）
60. 适当的运动可有效提高机体免疫系统功能水平，过量运动则会导致免疫系统功能水平下降。（ ）

## 第二部分

### I 运动生理学

#### 一、论述题（15分）

请结合运动实践论述运动性疲劳的概念及产生机制，并举例说明运动性疲劳的产生与消除。

#### 二、案例分析题（15分）

研究发现优秀的长跑运动员股四头肌 I 型肌纤维百分比明显高于优秀短跑运动员，而 II 型肌纤维则明显低于优秀短跑运动员。试分析此现象的可能原因及生理意义。

### II 学校体育学

#### 一、论述题（15分）

试述体育课程内容选择的标准。

#### 二、案例分析题（15分）

在一次以学校体育与竞技体育为主题的学术研讨会上，存在着两种观点，一种观点认为：学校体育的目的是增强学生的体质，增进学生的健康水平，使学生掌握体育的基本知识、技术和技能；而竞技体育则是搞训练，争冠军、拿奖牌，是少数竞技精英从事的运动，所以不宜把竞技运动引入到学校体育中来。另一种观点认为：学校体育要尽量多地采用竞技运动技术，并认为学校体育改革要以竞技运动为导向，使学校成为竞技运动后备人才培养的基地。请你从学校体育与竞技运动的关系出发，试分析如何正确认识和处理学校体育与竞技运动的关系。

### III 运动训练学

#### 一、论述题（15分）

试述技术训练过程中应该处理好哪些关系以及怎样处理好这些关系。

#### 二、案例分析题（15分）

某短跑运动员经过7年较系统的100米跑运动训练后，近几年的运动成绩一直进步很快，但是从2008年12月开始，其运动成绩不但停滞不前，而且还略有下降，直到2009年6月这种现象才消失，运动成绩才有了新的提高。

试运用运动训练学理论诊断这种情况，并分析出现这种情况的原因。

2009 年在职攻读硕士学位全国联考体育硕士

入学资格试卷 A 部分参考答案

第一部分

一、英语语法单项选择题（每小题 1 分，共 10 分）

- |      |      |      |      |       |
|------|------|------|------|-------|
| 1. D | 2. B | 3. A | 4. C | 5. B  |
| 6. C | 7. B | 8. C | 9. D | 10. A |

二、英语词汇单项选择题（每小题 1 分，共 10 分）

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 11. C | 12. B | 13. A | 14. D | 15. A |
| 16. A | 17. B | 18. C | 19. A | 20. D |

三、英语阅读理解题（每小题 1 分，共 10 分）

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 21. C | 22. B | 23. A | 24. B | 25. D |
| 26. A | 27. C | 28. C | 29. D | 30. C |

四、单项选择题（每小题 1 分，共 15 分）

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 31. B | 32. D | 33. C | 34. B | 35. B |
| 36. A | 37. A | 38. D | 39. C | 40. D |
| 41. A | 42. D | 43. C | 44. A | 45. B |

五、判断题（判断下列各命题是否正确，正确的在字母“A”上填涂，错误的在字母“B”上填涂，在其它字母上填涂的无效。每小题 1 分，共 15 分）

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 46. A | 47. B | 48. B | 49. A | 50. B |
| 51. B | 52. B | 53. A | 54. B | 55. B |
| 56. B | 57. A | 58. B | 59. B | 60. A |