

# 亞洲大學

## 98 學年度碩士在職專班入學招生考試試題紙

學系別	考試科目	考試日期	時間
休閒與遊憩管理學系碩士班	休閒與遊憩概論(A)	98.4.18	13:30-15:10
<p><b>申論題，每題 25 分：</b></p> <p>一、有效的遊客管理是休閒遊憩規劃中很重要的一環，其主要包括有直接管理與間接管理兩種，試評論二者的優缺點(12%)並舉例說明之(13%)。</p> <p>二、請說明遊憩專門化(recreation specialization)定義(5%)？主要的反應面向(10%)？以及，從應用的觀點來看，如何針對各種專門化層級的遊客，發展適宜的資源管理策略(10%)？</p> <p>三、試申論變遷的社會中，有那些休閒遊憩趨勢(15%)？與課題(10%)？</p> <p>四、閱讀以下的文章，並依此申論休閒與健康的關係(25%)？</p> <p>...Philosopher Josef Piper thought that some people could not experience leisure because they could not joyfully celebrate the world and their own life within that world. This inability would seem to be fundamentally related to both leisure and to health. Not only is the ability to love related to both health and leisure, but so also is the object of our love. If we love money more than anything else, for instance, we may willingly harm the physical environment for short-term gain. If we love some sport or outdoor recreation form, we may get more and better exercise than we otherwise would. Our ability to love and what we love are related to the will to eat. The human will, we are currently finding out, is of critical importance in terms of our response to disease, our ability to recover or live with life-threatening illnesses or injuries, and our physical and mental capacities.....</p>			

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Leisure also appears to be related to health due to its role in serving as a buffer between stressful life events and illness. Many studies have shown that stressful life circumstances induce both physical and emotional illnesses. In terms of stress buffers, one study found that, of 22 factors, only sense of competence, nature and extent of exercise, sense of purpose and leisure activity helped mediate stress. People who had high levels of leisure participation or who were satisfied with their leisure were less vulnerable to the adverse effects of stress.

Leisure participation helps one cope with life stresses in two ways. First, it helps one's perception that social support is available. Second, participation in leisure activity can help foster self-determination, a disposition which has been shown to contribute to people's coping capacities and health. Many leisure activities are social in nature and motivated by the desire to make and be with friends.

Many leisure experiences encourage the development, maintenance and enhancement of people's beliefs that they have the capacities to initiate actions, persist with endeavors and achieve successful outcomes. By learning a new leisure activity, a person may develop commitment, control and acceptance of challenge. Thus, for instance, a gay teenager may find that taking a part in a school play provides an opportunity to gain more control over one part of their lives by committing themselves to memorizing lines and learning more about acting. This may, in turn, help them accept other more challenging roles and add to his or her own identity in ways which make them more determined in life and positive in terms of his or her self-image....

(節錄自 Godbey, G. (2003). *Leisure in your life: an exploration*. State College, PA: Venture Publishing)