

英 語

(解答番号 ~)

第1問 次の英文を読んで、後の問い(問1~10)に答えなさい。(＊印の語句については、注釈を参照すること。)

When temperatures rise, many people swim to beat the heat. But swimming does a lot more than give relief from hot weather. It is a great workout* for the whole body. Health experts at the University of California, Berkeley write on their website *Berkeley Wellness* that swimming is “an ideal way to (1)stay in shape.”

Swimming is a high-cardio but low-impact exercise. Cardiovascular exercise* is often simply called “cardio.” Cardio involves the heart, lungs, and circulatory system. The Berkeley experts say swimming is great for your cardiovascular system. It increases your heart rate and exercises your lungs without putting stress on the rest of your body. Some high-cardio exercises, such as running, can improve your health but can also be hard on your body. Swimming, (2), is so easy on the body that people often use it to heal from injuries.

A former competitive swimmer, Paul Waas, now coaches a team of swimmers. He says that swimming is easier on the body than other sports because it is low-impact. For this reason, it is a common exercise for people who are in rehabilitation — or “rehab,” for short. “Well, swimming is a lifelong sport. It’s a non-impact sport. It’s (3) rather than vertical. So, it’s great for rehab from running injuries and things like that.”

A mother with two daughters on Coach Waas’s swim team agrees. Paloma says that for her girls swimming has been easier on the body than some other sports. “So far, I think it’s been good for their bodies. It’s a lot of exercise, as you know. But it (4)spares their knees, their joints, etc. But it’s rare to get

injured in swimming.” The coach adds that swimming is a great exercise for kids who grow a lot in a short amount of time.

Again, here is Coach Waas. “One of the things swimming is really good for is kids who (5)go through really intense growth spurts. Their bones might be hurting and they’re aching all the time. And then they get in the pool and they can float and stretch out a little bit and it relieves that as well.”

Swimming is also good for people with disabilities, or with chronic conditions* such as arthritis* and back pain. People who are overweight can find relief swimming. Their weightlessness in the water can help them to avoid injury as they exercise.

As we said earlier, swimming is an all-body workout. It works small muscle groups that often get ignored in other workouts. As you move in the water, many small muscle groups are working to help keep you balanced and upright. However, swimming (6)is not without any risk of injury. Many types of swimming use repetitive arm movements. Over time, the repeated movement can cause shoulder and neck injuries. This is especially true if the stroke is not done correctly. To reduce the chances of getting hurt, swimmers can use different kinds of movements in the water. For example, they can mix standard swimming strokes with running in water, treading water and other water exercises.

The researchers at University of California Berkeley warn that another (7)downside to swimming and other water workouts is that they are not weight-bearing exercises. So, they do not help to strengthen bones. To make sure your bones are getting the exercises they need, the researchers suggest combining swimming with a weight-bearing exercise. Common weight-bearing exercises are dancing, walking, running or jumping rope.

But for many swimmers these downsides (8)(A) () (B) () (C) the health benefits.

注釈 : workout 「運動」
chronic conditions 「慢性症状」

cardiovascular exercise 「有酸素運動」
arthritis 「関節炎」

問 1 本文中の下線部(1)“stay in shape”とほぼ同じ意味を表すものを、次の①～④の中から一つ選びなさい。

- ① keep yourself alive ② keep yourself calm
- ③ keep yourself cool ④ keep yourself fit

問 2 本文中の空所(2)に入れるのに最も適当なものを、次の①～④の中から一つ選びなさい。

- ① too ② on the other hand
- ③ for instance ④ therefore

問 3 本文中の空所(3)に入れるのに最も適当なものを、次の①～④の中から一つ選びなさい。

- ① enjoyable ② horizontal ③ practical ④ fundamental

問 4 本文中の下線部(4)“spares”とほぼ同じ意味を表すものを、次の①～④の中から一つ選びなさい。

- ① does damage to ② increases the strength of
- ③ leaves unharmed ④ makes use of

問5 本文中の下線部(5)“go through really intense growth spurts”とほぼ同じ意味を表すものを、次の①～④の中から一つ選びなさい。

- ① undergo intense physical training
- ② suffer from intense physical pain
- ③ encourage sudden and rapid physical growth
- ④ experience sudden and quick physical development

問6 本文中の下線部(6)“is not without any risk of injury”とほぼ同じ意味を表すものを、次の①～④の中から一つ選びなさい。

- ① involves the risk of injury
- ② does not involve the risk of injury
- ③ reduces the risk of injury
- ④ does not reduce the risk of injury

問7 本文中の下線部(7)“downside”とほぼ同じ意味を表すものを、次の①～④の中から一つ選びなさい。

- ① angle
- ② aspect
- ③ benefit
- ④ drawback

問8 本文中の下線部(8)の空所に次の語を補い、「健康に及ぼす効果と比べれば、気にするほどのことはないように思える」という意味の英文にするとき、空所 (A), (B), (C)に入る語の組合せとして正しいものはどれか。下の①～④の中から一つ選びなさい。 8

compared / manageable / when / to / seem

- | | (A) | (B) | (C) |
|---|----------|--------------|--------------|
| ① | compared | — manageable | — seem |
| ② | seem | — to | — compared |
| ③ | compared | — when | — manageable |
| ④ | seem | — when | — to |

問9 本文の内容に合うよう、次の(1)・(2)の空所に入れるのに最も適当なものを、それぞれ下の①～④の中から一つずつ選びなさい。

(1) () not involved in cardio. 9

- | | |
|-----------------|-----------------------------|
| ① The heart is | ② The immune system is |
| ③ The lungs are | ④ The circulatory system is |

(2) () is not a weight-bearing exercise. 10

- ① Dancing ② Running ③ Swimming ④ Walking

問10 次の(1)~(4)の各文が、本文の内容に合っていれば①、合っていなければ②と答えなさい。

(1) 水泳は体に負荷をかけたり、心拍数を上昇させたりせずに肺を鍛えることができる。

(2) 水泳は体にかかる負担が少ないので、リハビリ中の人たちによく用いられる。

(3) 水泳は身体に障害のある人や、関節炎や腰痛をもっている人、肥満の人にも適している。

(4) 水泳は自分の体重による負荷がかからないので、骨の発育や強化に良い効果をもたらす。

第2問 次の英文の空所 ～ に入れるのに最も適当なものを、それぞれ下の①～⑥の中から一つずつ選びなさい。ただし、同じものを繰り返し用いないものとする。なお、空所の番号は、解答欄の解答番号と一致させてある。（*印の語については、注釈を参照すること。）

Things made of plastic can be very strong and last a long time. They also do well in extreme heat and cold. Plastic is also much lighter than and can easily be formed into different . This makes the material ideal for countless uses across many different . But the widespread use of plastics across the world is causing major problems for the . Plastic material is flooding landfills* and causing severe in the world's oceans. Plastics can take hundreds of years to break down on their own. Very few kinds are highly recyclable. This is because of the way plastics are formed. It has been estimated that even the most reusable kinds of plastic can only be recycled at a rate of 20 to 30 percent. Even when recycling is possible, the process is costly, can use a lot of and, in many cases, produces poor-quality materials.

注釈： landfills 「ゴミの埋め立て地」

- | | | |
|--------------|----------|---------------|
| ① damage | ② energy | ③ environment |
| ④ industries | ⑤ metal | ⑥ shapes |

第3問 次の(1)~(5)の会話の空所 ~ に入れるのに最も適当なものを、それぞれ下の①~④の中から一つずつ選びなさい。なお、空所の番号は、解答欄の解答番号と一致させてある。

(1) A:

B: Sure. What is it?

A: I need a babysitter tonight. Are you free this evening?

- ① Can I give you a hand? ② Do you enjoy babysitting?
③ Can you do me a favor? ④ Do you want me to help you?

(2) A: Are you bringing your wife to the party tonight?

B:

A: That's too bad. I was really looking forward to meeting her.

- ① I haven't made up my mind yet.
② She wouldn't dare go by herself.
③ I'm afraid she can't make it.
④ She wouldn't miss it for the world.

(3) A: Hey, Anne, who's that girl standing over there?

B:

A: No problem. I'll ask her myself.

- ① Her name escapes me. ② Don't you recognize her?
③ Have we met before? ④ Do you know her name?

(4) A: I'd like to book a table for 7 o'clock tonight.

B: I'm afraid we're fully booked tonight.

A: It's my wife's birthday.

① I'd like a table for two, please. ② What a surprise!

③ Aren't you open tonight? ④ What a shame!

(5) A: I'm sorry, but we're closed today.

B: Oh, really?

A: Monday through Saturday, 9 a.m. to 5 p.m.

① When do you work? ② Can you call me back later?

③ What are your office hours? ④ May I speak to the manager?

第4問 次の(1)~(10)について、空所 ~ に入れるのに最も適当なものを、それぞれ下の①~④の中から一つずつ選びなさい。なお、空所の番号は、解答欄の解答番号と一致させてある。

(1) She is not the kind of person a rumor.

- ① to start ② starts ③ started ④ start

(2) He has been avoiding Susan ever since.

- ① see ② to see ③ seeing ④ to seeing

(3) She was surprised to find herself captain.

- ① elect ② electing ③ elected ④ to elect

(4) When I arrived there, all the guests .

- ① had left ② have left ③ leave ④ are leaving

(5) If it so cold, the flowers would be blooming by now.

- ① isn't ② weren't
③ wouldn't be ④ wouldn't have been

(6) There aren't in February as in January.

- ① as many days ② days as many
③ many days as ④ many as days

(7) Our point of view on this issue is quite different from .

- ① their ② them ③ theirs ④ their's

(8) I only did I was told to do.

- ① what ② that ③ which ④ so that

(9) I would like to with you about the matter.

- ① discuss ② say ③ talk ④ tell

(10) Where ?

- ① did this photo take ② was this photo taken
③ was this photo taking ④ did this photo taken