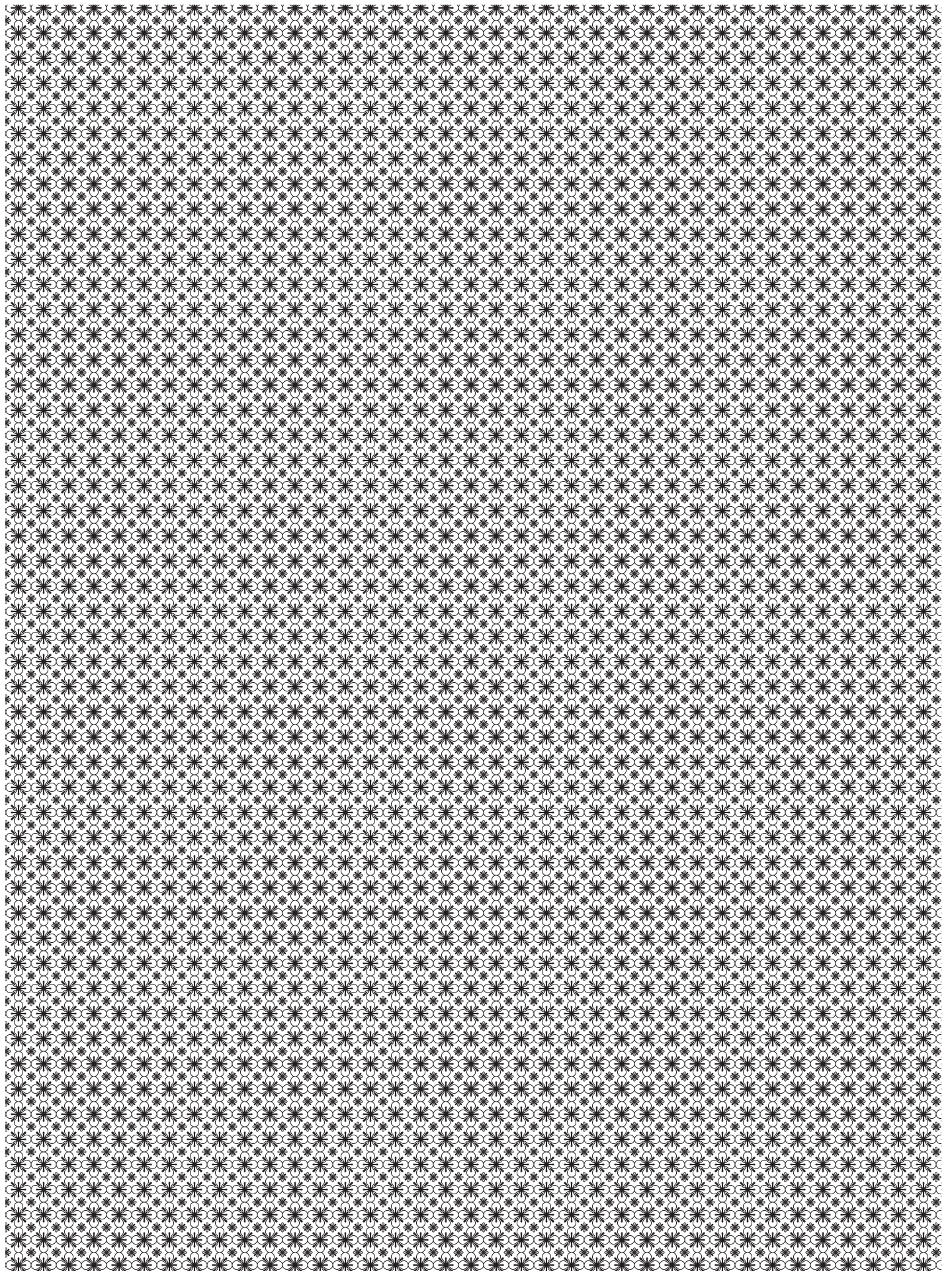


英 語



1 次の文章は Enough Sleep Could Reduce Risk of Injury, Study Finds というタイトルの記事です。本文を読んで問1～6の設問に答えなさい。

① A new study suggests that healthy adults who get at least eight hours of sleep a night may be less likely to experience common exercise-related injuries. The study was based on information from over 7,500 United States soldiers in the Army’s Special Operations Forces. About 95 percent of the study subjects were men. The researchers found that soldiers who got no more than four to five hours of sleep a night were over two times as likely to report bone or muscle* injury in the last year than those who slept eight hours or longer.

② Tyson Grier is with the U.S. Army Public Health Center in Maryland. He was one of the writers of the [①]. He said that getting enough sleep not only improves physical performance among active people, but it “may also...have a positive impact on musculoskeletal* injury prevention*.” During the yearlong* [①], more than half of the soldiers said they had experienced at least one musculoskeletal injury.

③ Most study subjects – about 63 percent – reported getting six to seven hours of sleep a night. About 10 percent reported getting no more than four hours. Only 16 percent got eight hours or more. Compared to those who reported eight hours of sleep or more each night, soldiers who slept seven hours were 24 percent more likely to experience a musculoskeletal injury. The risk climbed as the hours of sleep dropped, with a 53-percent greater injury risk at six hours of sleep. At five hours of sleep, the risk of injury was two times greater.

④ In the Army, two-thirds of injuries are from musculoskeletal overuse. Most are caused by physical training or repetitive activities, the research team wrote in the study, which was published in Sleep Health. About 42 percent of Army soldiers report an average of five hours of sleep or less each night. The study notes that making sure soldiers get enough rest could be a way to reduce injury risk.

⑤ One limitation* of the study is that researchers depended on soldiers reporting how long they slept each night. And, additional research would be needed to test whether increasing sleep time really reduces injuries.

⑥ Dr. Hohui Wang is with the University of California, San Francisco. He was not involved in the study. He said that getting too [②] sleep leads to decreased attention and mental energy, which can lead to people being more likely to get [③]. Wang added that sleep loss causes “cell damage in multiple* organs.” Getting extra sleep might help reverse* this cell damage over time.

⑦ Most people are healthiest and perform their best with seven to nine hours of sleep a night, said Captain Jeffrey Osgood. He is with the Walter Reed Army Institute of Research in Maryland. He was not involved in the study. Osgood offered suggestions for how people can get more – and better-quality – sleep. He advises the following: “Try to avoid caffeine, nicotine, and exercise in the hours leading up to sleep; avoid using alcohol as a sleep aid; don’t go to bed hungry; try to keep your bedroom dark and quiet; use sleep masks and/or earplugs* if needed; and keep your smartphone/devices out of bed.”

(出典：“Enough Sleep Could Reduce Risk of Injury, Study Finds”, VOA Learning English, March 9, 2020.)

* muscle：筋肉 musculoskeletal：筋骨格の prevention：予防
yearlong：1年間続く limitation：限界 multiple：複数の
reverse：回復させる earplugs：耳栓

〔問 1〕 第1段落を読んで答えなさい。1日4～5時間以下の睡眠時間しか確保していない人について、どのようなことが報告されていますか。

1. この研究の被験者のうち、約95%が該当していた。
2. 8時間以上の睡眠時間を確保している人に比べて、怪我をする可能性が2倍以上ある。
3. 7,500名以上の米国人兵士が、これに該当していた。
4. 8時間以上の睡眠時間を確保している人よりも病気にかかりやすい。
5. 怪我をする確率については、睡眠時間以外の条件によって異なる。

〔問 2〕 本文中の [①] に入る最も適切な語を選びなさい。2か所とも同じ語が入ります。

1. letter
2. book
3. paper
4. operations
5. study

〔問 3〕 第3段落を読んで答えなさい。被験者のうち、84%はどのような人ですか。

1. 5時間未満しか睡眠時間を確保していない人。
2. 6時間未満しか睡眠時間を確保していない人。
3. 7時間未満しか睡眠時間を確保していない人。
4. 8時間未満しか睡眠時間を確保していない人。
5. 8時間以上、睡眠時間を確保している人。

- 〔問 4〕 第4段落を読んで答えなさい。怪我のうち3分の2はどのような原因ですか。
1. 筋骨格系の使いすぎによるもの。
 2. 注意散漫によるもの。
 3. 柔軟体操をしないことによるもの。
 4. 上司の助言を聞いていないことによるもの。
 5. これまでの研究成果について学んでいないことによるもの。

- 〔問 5〕 本文中の [②] と [③] に入る語の組み合わせとして最も適切なものを選びなさい。
1. ② little ③ up
 2. ② few ③ wild
 3. ② little ③ hurt
 4. ② few ③ angry
 5. ② few ③ around

- 〔問 6〕 第7段落を読んで答えなさい。睡眠の質を高めるためのアドバイスとして言われていないことはどれですか。
1. スマートフォンをベッドに置かないようにする。
 2. 睡眠前に軽いストレッチをする。
 3. 寝室を暗くする。
 4. 空腹のまま寢床につかないようにする。
 5. 睡眠前の数時間はカフェインを摂取しないようにする。

2 問7～10には英単語とその定義が書かれています。1～5のうち英語の定義が間違っているものを一つずつ選びなさい。

- 〔問 7〕
1. unique : unusually good and special
 2. valuable : worth a lot of money
 3. general : describing or relating to only the main features or parts of something
 4. responsible : having a duty to be in charge of or to look after someone
 5. typical : making you feel that you want to sleep or rest

〔問 8〕

1. fulfill : to do or provide what is necessary or needed
2. expand : to become larger in size, number, or amount
3. exist : to use your money to pay for goods or services
4. obey : to do what someone in authority tells you to do
5. realize : to know and understand something

〔問 9〕

1. standard : the level that is considered to be acceptable
2. steady : continuing or developing gradually or without stopping
3. shy : nervous and embarrassed about meeting and speaking to other people
4. terrible : very good, especially in a way that makes you feel happy and excited
5. violent : involving actions that are intended to injure or kill people

〔問 10〕

1. fuel : a substance such as coal, gas, or oil
2. garage : a building for keeping a car in, usually next to or attached to a house
3. influence : the power to affect the way someone or something develops, behaves, or thinks
4. origin : the place or situation in which something begins to exist
5. progress : the process of getting better at doing something

3 〔問 11〕 「英文の () 内に入る適切な語句を選ぶ問題」で、次の 1～5 のうち答えの間違っているものはどれですか。日本語訳を参考にしながら、一つ選びなさい。

1. It is a pity that a man of your ability (should remain unknown / is remaining unknown / to be unknown) to the world.
あなたほどの才能の持ち主が世間に知られずにいるのは惜しい。
2. You can't go home yet. You (will not be staying here / are to stay here / are stay here) till the police arrive.
まだ家には帰れないよ。警察が到着するまでここにはいないといけない。
3. She (says to be / has been saying that she was / is said to have been) an actress about twenty years ago.
彼女は20年ほど前には女優だと言われている。

4. I am ready to do anything (for you that I can / that for you I can / that I can for you), because I owe you a great deal.

あなたには随分お世話になったので、私にできることは何でも喜んでやります。

5. No one in the neighborhood (was believed that he was a genius / believed him to be a genius / believes that he be a genius) even after he had achieved worldwide fame.

彼が世界的な名声を得た後も、近所の人は誰も彼を天才とは信じなかった。

4 〔問 12〕「英文の()内に入る適切な語句を選ぶ問題」で、次の1～5のうち答えの間違っているものはどれですか。日本語訳を参考にしながら、一つ選びなさい。

1. Bread and butter (is / are / be) their usual breakfast.

バターを塗ったパンを彼らはふつう朝食にしている。

2. Water (boils / is boiling / was boiling) at a temperature of 100 degrees Centigrade.

水は、摂氏100度で沸騰する。

3. Look! Two boys (fight / are fighting / have fought).

見てごらん！二人の男の子が喧嘩をしてるよ。

4. The manager suggested (me that I go / that I go / me to go) with him to the airport.

支配人は、私が彼といっしょに飛行場に行ったらどうかと言った。

5. As the road was wet, the car (should not / will / must) have slipped sideways.

道が濡れていたなので、車は横にスリップしたに違いない。

5 〔問 13〕 次の 1～5 の会話を読み、下線部の英文の内容が文脈に合っていないものを一つ選びなさい。

1. A : Excuse me. Can I order one grape juice, please?
B : I'm sorry. We don't have any grapes today.
A : I see. Then, I'll have a pineapple juice.
B : Okay. That will be \$4.50.

2. A : Hi. Welcome to Jonny's Cinemas. How can I help you?
B : I'd like to see a movie, but it has to start by noon. I have plans later today.
A : I recommend Love Story at 1 p.m., then.
B : That's perfect. I've been wanting to see a science-fiction movie about aliens.

3. A : What did you do last weekend, John?
B : Oh, I went to a festival, and I bought an old cup. It's on the shelf over there.
A : Wow, I've never seen anything like it.
B : Yes, it's over 200 years old. People used it to drink coffee.

4. A : Linda, are we still going on a picnic on Saturday?
B : I don't think so. I heard it's going to rain. What should we do instead?
A : Hmm, how about we watch a movie together, then?
B : Oh, that's a good idea. I want to see the one about the famous chef.

5. A : Have you seen my keys?
B : Oh, no. Not again. It seems like you lose your keys every day.
A : Don't get angry. Just help me find them.
B : Alright. Where did you put them?

6 次の英文は、テレビ報道を見た Diana と John の会話です。文章を読んで以下の問いに答えなさい。

TV Anchor : Society is changing rapidly. The government should listen more to young people's opinions. In this regard, it's better to lower the voting age from 20 to 18 in order to facilitate* a change in the government through the power of young people. This change will then bring social reforms and lead society in a good direction.

Diana : It's time for Japan to lower the voting age from 20 to 18. 18-year-olds are [①] enough to have adult privileges* and responsibilities, especially the [②] to vote. Then young people can join in politics as voters.

John : I don't think so. Young people nowadays give little thought to important political issues because they spend most of their time reading [③] and playing video games.

Diana : That's true, but there are a large number of older adults who act the same way. If younger people are given the chance to vote, they may think about politics more. Candidates would also have to think of a campaign message not only for adults over 20, but for voters under 20 as well. That means they are likely to become more aware of young people's opinions.

John : I still don't agree. If 18-year-olds are allowed to vote, then they are regarded as full adults. If that's the case, does that mean they will also be allowed to [④] and smoke? I'm afraid they will waste their parents' money on alcohol and cigarettes.

Diana : I understand your point. But don't you think the Japanese in general will become more interested in politics if young people are regarded as responsible adults and allowed to vote?

John : I don't think so. It isn't a matter of their age, but a matter of their maturity*. 18-year-olds are just too childish* to become politically involved.

(出典: "Lowering the voting age: for or against?" *Voice Your Opinions in English about 50 Topics*, ベレ出版, 2015, pp. 71-73.)

* facilitate : ～を促進する privileges : 特権 maturity : 成熟度
childish : 子供じみた

〔問 14〕 本文の①～④に当てはまる語の組み合わせとして正しいものを一つ選びなさい。

- | | | | | |
|----|---------|----------|--------------|---------|
| 1. | ① old | ② age | ③ newspapers | ④ eat |
| 2. | ① young | ② adult | ③ newspapers | ④ drink |
| 3. | ① young | ② time | ③ comics | ④ eat |
| 4. | ① old | ② right | ③ comics | ④ drink |
| 5. | ① old | ② policy | ③ comics | ④ eat |

〔問 15〕 この会話を通して二人が同意したことについて、正しいものを一つ選びなさい。

1. 選挙権年齢を20歳から18歳に引き下げるとは素晴らしいことだ。
2. 選挙権を与えられたら、若者はこれまでよりも政治に関心を持つだろう。
3. 18歳で選挙権が与えられるのであれば、タバコやお酒も18歳で認められるべきだ。
4. 18歳の若者はまだまだ未熟だから、選挙権を与えるには早すぎる。
5. 1～4のいずれでもない。

