

学力試験 コミュニケーション英語Ⅰ・Ⅱ

I. 次の英文を読んで、以下の1～3の問いに答えなさい。

- ① “I took a walk in the woods and came out taller than the trees,” said Henry David Thoreau. Thoreau was an American writer in the 1900s. He believed in the positive effects of nature. Today we know there are many benefits¹ of nature in our lives.
- ② Thoreau felt stronger after a walk in the country. Recent research agrees. Researchers from the U.K. looked at 140 studies from around the world. When people spend time in nature, they have fewer diseases, such as heart disease. Research in Japan shows walking in the woods may also prevent cancer. In addition, children who live near parks are more fit and see better. Hospital patients with views of trees get better more quickly. Nature is good for our physical health.
- ③ Perhaps even more important are the mental health benefits. Nature helps us feel more positive. When people did something in nature for 30 days, they reported greater happiness. Children had better concentration². And adults felt less stress. You don’t need to go outside every day. People get the benefits with only two hours outdoors each week. Even playing video games with a view of nature helps.
- ④ When people feel happier and less stressed, it has positive effects on the whole community. Time in nature helps people feel closer to their community. This makes crime³ decrease. In general, more green space leads to fewer violent crimes. The community is healthier overall.
- ⑤ In today’s world, we don’t always have time to go outdoors. We can become too busy with school, work, and relationships. But our relationship with nature is very important. Time in nature has many benefits. And there are available to everyone for free. A walk in the woods might make us all feel taller than trees.

[注] benefits¹, 恩恵、恵み concentration², 集中力 crime³, 犯罪

- 1 “walking in the woods”の効能について、英国の研究者が発見したことはどんなことか、日本語で簡潔に書きなさい。
- 2 自然の中で過ごすことは、子どもや大人の“mental health”に対して、どのような効果をもたらしたか、日本語で簡潔に書きなさい。
- 3 以下の文が、上の英文の内容と一致していれば T を、一致していなければ F を書き入れなさい。
- (1) H. D. Thoreau grew much taller after living in the woods.
 - (2) Being outdoors in nature has many benefits.
 - (3) Nature doesn’t change the way we feel.
 - (4) Green spaces in city areas make crime go up.
 - (5) It costs too much to spend time in nature.

II. 次の英文1・2を読んで、それぞれの問いに答えなさい。

- 1 The modern concept of rehabilitation took root during World War I to meet the needs of the numerous wounded soldiers returning home from war.
- (問い) リハビリテーションという近代的な概念が根付いた理由を、日本語で簡潔に述べなさい。
- 2 この問題は、著作権の関係により公開していません。

(問い) 体内でカフェインがゆっくり処理されると、どんな効果が期待されるか、日本語で簡潔に述べなさい。

III. 次の各英文の (*) 内に入る最も適切な語を選び、その記号を答えなさい。

- (1) この薬の服用を希望する場合は、医師または薬剤師に相談してください。

If you want to take this drug, you should (*) with your doctor or pharmacist.

- (A) ask (B) demand (C) consult (D) apply

- (2) 私は旅行中にインフルエンザにかかった。

I was (*) with a flu during the trip.

- (A) infected (B) polluted (C) caught (D) affected

- (3) 大雨の中、救急車は病院に到着した。

The ambulance (*) at the hospital in a heavy rain.

- (A) got (B) landed (C) arrived (D) reached

- (4) この問診票に記入してください。

Please fill (*) this medical interview sheet.

- (A) on (B) in (C) of (D) at

- (5) 二人の生徒が COVID-19 の症状を訴えると、町での流行を防ぐために学校は閉鎖された。

When two students reported symptoms of COVID-19, the school was closed down to try to prevent an (*) in the town.

- (A) experience (B) exhibition (C) epidemic (D) episode

IV. 次の日本語の意味に合うように、【 】内の語(句)を並べ替え、2 番目と 4 番目にくる記号を答えなさい。

ただし、【 】の中では、文頭にくる語(句)も小文字で示している。

1. 彼女はひどい風邪のせいでパーティーに行けなかった。

She couldn't 【ア the party / イ of / ウ attend / エ account / オ on】 a bad cold.

2. 多くの臓器がお互いに協力しあって、私たちの生命を維持し、健康な状態を保ってくれる。

Many organs 【ア us / イ together / ウ keep / エ work / オ to】 alive and help us stay healthy.

3. ER とは何の略ですか。

【ア for / イ ER / ウ what / エ stand / オ does】?

4. 背中に痛みがある。

I have 【ア back / イ in / ウ pain / エ my / オ a】.

5. 血圧を測らせてください。

【ア blood pressure / イ check / ウ me / エ let / オ your】.

V. 次の()に当てはまる語を、下の語群から選び、その記号を答えなさい。

While you are exercising, many changes take place in your body. For example, your (1) speeds up and the (2) take in more air to provide the body with more oxygen, your (3) pumps blood faster to bring much needed (4) and nutrients to the muscles, and you (5) to lower your rising body temperature. These increased demands on the body processes make each organ (6) and healthier.

If you want to make your (7) bigger and stronger, exercises such as jogging or (8) are not sufficient: harder exercise like sprinting for short periods is also required. However, it is important to keep in (9) that pushing your body too hard can backfire¹. Excessive exercise puts a strain² on the cardiovascular³ system, the (10), muscles, and the other organs.

[注] backfire¹, 逆効果になる、裏目に出る strain², 負担 cardiovascular³, 心臓血管の

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|---------------|-------------|-----------|--------------|-------------|
| (ア) sweat | (イ) heart | (ウ) lungs | (エ) stronger | (オ) oxygen |
| (カ) breathing | (キ) muscles | (ク) mind | (ケ) bones | (コ) walking |