

2024年度

英語入試問題

(2023年11月19日実施)

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[注意]

- 試験監督者の指示があるまで、問題冊子や筆記用具に触れてはいけません。触れた場合は、不正行為とみなすことがあります。
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- 試験終了の合図とともに直ちに筆記用具を置くこと。試験終了後に解答用紙や筆記用具に触れた場合は、不正行為とみなすことがあります。試験監督者が指示するまで、絶対に席を立ってはいけません。
- 問題冊子および解答用紙は、試験終了後にすべて回収するので、持ち帰ってはいけません。

【 1 】 以下の英文を読み、各設問に答えなさい。

A lot of people find it difficult to embrace the idea of regular exercise, even though they know it's good for their physical and mental health. (1) committing to a workout routine doesn't necessarily entail* going to the gym or running around your neighborhood.

Gardening is a great example of a popular hobby that's accessible and can also be used as a workout.

Working in your garden or yard is a source of (A1) physical activity in younger adults, while providing (A2) physical activity in older adults, research has shown. The pastime is also a muscle-strengthening activity, according to the US Physical Activity Guidelines for Americans, and one of the physical activities with the (2) injury rates.

More good news: Puttering* in your garden just two hours a week could help boost your mood, while the communal* gardening that's proliferating* in communities and schools provides social benefits that can alleviate* stress and help combat isolation and even dementia*, according to studies.

(3) all these benefits, gardening for fitness will be a trend this year, predicts Rishi Mandal, San Francisco-based cofounder and CEO of the fitness coaching app Future. "Our clients at Future have already been asking their coaches to add gardening and landscaping activities into their routines," Mandal said, "because they're easy to access, fit into their lifestyle and offer meditative* benefits."

This demand fits with (B) (a he's b overall c seeing d interest e the) among clients for less intensive fitness routines that are accessible and mesh with an on-the-go* lifestyle.

Gardening engages all the major muscle groups, such as the arms, legs, shoulders, back and abdomen*, Mandal said. The activity also improves mobility, helps build endurance, and is a comparable workout to walking or Pilates*.

All the necessary digging, planting, mowing, raking and weeding torches calories, too. A 154-pound person burns an average of 330 calories per hour through gardening, according to the US Centers for Disease Control and Prevention. Such activity is similar to what that same person would burn playing golf or dancing.

Tom Adkinson of Nashville has long been on board with* the notion of gardening to stay fit. The

72-year-old has three gardens, which he uses primarily to grow tomatoes, sweet banana peppers* and okra. The work varies in intensity during the growing season.

“Every year I turn the soil by hand,” Adkinson said, “and I consider that serious exercise.”

The hours Adkinson spends staking the tomatoes, then watering and weeding all three gardens, (4) a lot of bending and stretching, which he likens* to performing garden yoga.

Just as with traditional exercise, Adkinson warms up beforehand, doing various stretches. That’s wise, said Christine Zellers, an assistant professor of family and community health sciences at Rutgers University.

“Even though gardening may not appear strenuous*, using the body in new ways can make you stiff if you don’t work up to the movement and prepare by limbering up* a little,” said Zellers, who teaches at the Rutgers Cooperative Extension of Cape May County in New Jersey.

In addition to stretching, going for a short walk before you begin gardening can also serve as a warm-up. While working in your garden or yard, it’s important to bend at the knees to lift heavy objects, she said, and pace yourself if you’re new.

Just as a new runner would slowly build up miles before tackling a marathon, new gardeners should start with short sessions, gradually increasing the time and intensity spent in their gardens.

(5) you’ve got some experience working in your garden or yard, you can ramp things up* for more of a challenge. If you’ve purchased a flat* of flowers, bring them to the backyard one at a time. When it’s time to mow the lawn, increase the pace of your mowing or switch to a push mower*. For some strength training, fill two large watering cans, then carry them around your yard to water the plants.

“Gardening can provide a sense of accomplishment and reward, in addition to movement, by doing something with your hands that is fulfilling, like feeding your family or making your yard look wonderful,” Zellers said.

For Adkinson, one of the biggest benefits of gardening as exercise is (C)the tangible reward he receives for his efforts. “Getting fresh tomatoes and fresh okra well into the fall is way better than

going to the gym,” Adkinson said. “There’s really nothing better than your own sliced tomato for a sandwich.”

注) entail* ~を必然的に伴う、必要とする Puttering*<putter のんびり仕事をする
communal* 地域社会の、共同の proliferating*<proliferate 急増する、急速に普及する
alleviate* ~を軽減する、和らげる dementia* 認知症 meditative* 瞑想的な
on-the-go* 絶えず活動する、働きづめの abdomen* 腹部、腹
Pilates* ピラティス（エクササイズの種類） on board with*（考えなどを）受け入れて
banana peppers* バナナピーマン（中型の大きさのトウガラシの種類でマイルドな辛みをもつ）
likens*<liken ~をたとえる、なぞらえる
strenuous* たいへんな努力が必要な、非常に骨が折れる
limbering up*<limber up 準備運動する、（体を）柔軟にする
ramp things up*<ramp up ~を増やす、増加させる flat* 種を植える浅い箱
a push mower* 手押し草刈り機

【出典】

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<https://edition.cnn.com/2023/04/07/health/gardening-exercise-benefits-wellness/index.html>最終アクセス日：2023年8月10日（本文の一部を改変しています）

問1 空所(1)~(5)に入れるのに最も適切なものを、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1)

- ① Indeed ② Yet ③ Moreover ④ So far

(2)

- ① worst ② highest ③ best ④ lowest

(3)

- ① Besides ② Without ③ But for ④ With

(4)

- ① involve ② reduce ③ exclude ④ explain

(5)

- ① Before ② Once ③ Since ④ Although

問2 次の(1)~(8)について、本文の内容と一致するように下線部に入る最も適切な語(句)を、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1) Gardening is not only an enjoyable pastime but also _____ .

- ① a great way to keep fit ② a new method to stay healthy
③ a wasteful way to keep in shape ④ a tough method to use muscles

(2) Community gardens can help _____ feelings of isolation.

- ① have more ② go down ③ increase ④ decrease

(3) Using gardening to improve mental health may be _____ for people with dementia.

- ① a successive medical care ② an affective care
③ an effective treatment ④ an essential medical care

(4) Mandal's clients are interested in less intensive fitness routines which are easy to enjoy and _____ . 9

- ① connect with a balanced lifestyle ② agree with a boring lifestyle
③ match an unhealthy lifestyle ④ coordinate with a busy and active lifestyle

(5) Gardening should be thought of as _____ that works all of the major muscle groups such as the legs, back, abdomen, arms, and shoulders. 10

- ① a whole-body exercise ② an everyday workout
③ rigorous mental training ④ a sustainable exercise

(6) On average, 60 minutes of gardening for a 154-pound person can burn 330 calories, _____ playing golf or dancing. 11

- ① twice as much as ② the same as
③ way less than ④ way more than

(7) How intensive Tom Adkinson's work is varies _____ . 12

- ① according to his physical condition ② according to the growing season
③ depending on his mental condition ④ in line with his interest

(8) It is wise of Tom Adkinson _____ before gardening. 13

- ① to go to the gym for exercise ② to run around his neighborhood
③ to limber up and do various stretches ④ to tackle a marathon

問3 下線部 (A1) (A2) に適切な語句を入れるとき、以下のどの組み合わせが最も適切ですか。次の①~④から一つ選び、番号で答えなさい。 14

- ① A1: constant to inconstant A2: inconstant to constant
② A1: minimum to maximum A2: maximum to minimum
③ A1: moderate to vigorous A2: low to moderate
④ A1: irregular to regular A2: regular to irregular

問4 本文の内容に合うように下線部(B)の①～④の語を並べ替えるとき、前から2番目と4番目にするものの最も適切な組み合わせを、下の①～④から一つ選び、番号で答えなさい。 15

(B) (① he's ② overall ③ seeing ④ interest ⑤ the)

- ① ③-② ② ①-⑤ ③ ②-① ④ ④-③

問5 下線部(C)が示す内容として最も適切なものを、次の①～④から一つ選び、番号で答えなさい。

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- ① a great sense of accomplishment
- ② fresh vegetables such as tomatoes and okra
- ③ mental strength to combat isolation
- ④ tough muscles to grow vegetables

問6 次の英語の質問に対する答えとして最も適切なものを、下の①～④から一つ選び、番号で答えなさい。 17

Question: Which of the following statements is NOT true about gardening as explained in this article?

- ① Gardening engages various muscle groups, requires strength, and can be as strenuous as many traditional workouts.
- ② Whether you are an experienced gardener or just starting, the physical benefits are accessible to all.
- ③ Activities like raking and mowing might fall under the category of light to moderate exercise, while weeding, digging, and planting might be considered vigorous exercise.
- ④ Working in a garden can help you feel restored if you have experienced something stressful.

【2】 次の(1)~(5)の会話文の空所に入れるのに最も適切なものを、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1) 18

A : Well, hello there, Tomoko. Long time no see. How's it going?

B : _____ I'm nothing if not healthy. What's new with you?

A : Nothing in particular. These days I seem to spend all my time working at my part-time job.

- ① What did I tell you?
- ② Couldn't be better.
- ③ I'm out of shape today.
- ④ It couldn't be worse.

(2) 19

A : What did you do last night?

B : I watched a movie on TV.

A : Didn't you have any homework?

B : _____ I finished it early.

- ① No, although
- ② No, and
- ③ Yes, because
- ④ Yes, but

(3) 20

A : What are you up to?

B : Oh, just looking at what's on offer at the sports center.

A : _____

B : Well, I promised myself that I was going to get fit. I want to do a sport. I just don't know which one.

- ① How come?
- ② How about you?
- ③ How did you come here?
- ④ How did it come out?

(4) 21

A : Oh, what do you fancy seeing? What kind of films do you like -- action, adventure, musicals?

B : Films about people living in the future, on other planets.

A : _____

B : Well, what about Nightmare on Elm Street? They're showing that again here.

A : No thanks, horror films don't do it for me.

- ① Oh, you like science fiction movies.
- ② Oh, sci-fi, not really my thing.
- ③ What kind of films are they?
- ④ Really? I'm crazy about sci-fi films.

(5) 22

A : How is your new job going?

B : To tell you the truth, _____

A : I'm sorry to hear that. Why don't you like your new job?

B : I thought that I would have more responsibility at this new job and more chances to advance my career, but it is the same as my last job.

- ① You are still looking for a new job.
- ② I feel regretful for giving up the hope of going to college.
- ③ I am lucky I was able to quit my old job.
- ④ I regret leaving my old job.

【3】 次の(1)~(5)について、与えられた日本文の意味になるように () の語 (句) を並べ替えるとき、2番目と4番目にくるものを、それぞれ下の①~⑤から一つずつ選び、番号で答えなさい。ただし、文頭にくる語 (句) も小文字にしています。

(1) ケンは、そのことと何らかの関係があるように思います。

2番目： 4番目：

Ken seems to (① to ② with ③ have ④ do ⑤ something) it.

(2) どんな外国語を習っても、自分の母語をおろそかにしてはいけません。

2番目： 4番目：

(① you ② whatever ③ learn ④ language ⑤ foreign), you should not neglect your own language.

(3) ベッドの中で一日を無駄にするなんて考えただけでもいやです。

2番目： 4番目：

I can't (① the thought ② the day ③ wasting ④ bear ⑤ of) in bed.

(4) 雪崩に押し流され、一時はもうダメかと思いました。

2番目： 4番目：

Carried away by a snowslide, I (① myself ② for ③ gave ④ up ⑤ lost) for a while.

(5) トムが来るかどうかは重要ではありません。

2番目： 4番目：

It doesn't (① or ② Tom ③ whether ④ comes ⑤ matter) not.

【4】 次の(1)~(10)の英文中の空所に入れるのに最も適切なものを、それぞれ下の①~④から一つずつ選び、番号で答えなさい。

(1) New ideas came to me one after (). 33

- ① another ② other ③ anything ④ nothing

(2) It may be difficult, but I'm sure it's worth (). 34

- ① try ② tried ③ trying ④ have tried

(3) You can () on me when you're in trouble. 35

- ① advise ② count ③ pass ④ spend

(4) Parents should () an eye on their children when they are swimming in the pool. 36

- ① hold ② place ③ open ④ keep

(5) It's better to () a problem right away before it gets worse. 37

- ① involve ② cause ③ solve ④ lead

(6) While shopping at the mall yesterday, I happened to run () a classmate from high school. 38

- ① on ② into ③ up ④ of

(7) The typhoon is moving north-east () 10 kilometers per hour. 39

- ① at ② by ③ on ④ from

(8) A dictionary says that love is a strong feeling of caring () someone. 40

- ① to ② at ③ about ④ against

(9) We can make () of natural resources such as wind and ocean waves to generate electricity. 41

- ① use ② usage ③ effort ④ sense

(10) The roommates take () cooking meals and cleaning the shared house. 42

- ① steps ② places ③ turns ④ rules

英語 (20231119)

解答一覽

大問	解答番号	正解	
1	1	②	
	2	④	
	3	④	
	4	①	
	5	②	
	6	①	
	7	④	
	8	③	
	9	④	
	10	①	
	11	②	
	12	②	
	13	③	
	14	③	
	15	③	
	16	②	
	17	③	
2	18	②	
	19	④	
	20	①	
	21	②	
	22	④	
3	23	⑤	完 解
	24	④	
	25	⑤	完 解
	26	①	
	27	①	完 解
	28	③	
	29	①	完 解
	30	②	
	31	③	完 解
	32	④	
4	33	①	
	34	③	
	35	②	
	36	④	
	37	③	
	38	②	
	39	①	
	40	③	
	41	①	
	42	③	