

(全9の2)

2 次の1と2の各英文には、まとまりをよくするために取り除いた方がよい文が一つある。取り除く文として最も適当なものを、それぞれ下線語(a)～(d)のうちから一つずつ選び、その記号をマークせよ。ただし、英文1と2は独立したものである。

1.

この問題は著作権の都合により掲載できませんでした。

(Fütterer, T. et al. (2023). *Scientific Reports* より一部改変)

2.

この問題は著作権の都合により掲載できませんでした。

(Varacallo, P. (2023). *Reader's Digest* より一部改変)

2

(全9の1)

1 次の1～8の()に入れるのに最も適切なものを、下の(a)～(d)からそれぞれ1つずつ選び、その記号をマークせよ。

1. It's hard to believe that there is a single democracy in the world that allows for the () of personal communication without a warrant.

- (a) liberation (b) proclamation (c) promotion (d) interception

2. Advancement of technology will be the key in the near future to address the issue of food crises. It involves the evolution of food systems including bioengineering, () meat, dietary trends and indoor agriculture.

- (a) submersed (b) applicable (c) cultured (d) biodegradable

3. Such a design has several () performance disadvantages, which cannot efficiently handle some tasks, harming productivity and affecting deadlines.

- (a) incompetent (b) invalid (c) improvised (d) inherent

4. According to recent research, investors with () portfolios usually see more consistent and robust returns on their investments than those without.

- (a) delivered (b) diversified (c) diminished (d) deceived

5. Over the last decade or so, Venice has sought to strengthen its coastline by installing barriers because the inhabitants understand the city is particularly () to any further rise in sea levels.

- (a) vulnerable (b) formidable (c) despicable (d) invincible

6. Electric vehicles have () recently due to surging public concerns for the environment and their higher efficiency. However, the number of charging stations is still few.

- (a) halted momentum (b) supplied upwards (c) gained traction (d) reached a plateau

7. The actor caught the guests' attention that night because he wore a () jacket, crimson as turnips, a deep purple cloak, and massive golden chains.

- (a) flamboyant (b) conservative (c) restrained (d) somber

8. Matt has a way of reaching out to people with his empathetic attitude, so he was sent on the path that would bring eventual () and salvation to the mutually antagonistic groups.

- (a) confrontation (b) reconciliation (c) confiscation (d) provocation

1

(全9の3)

3 次の英文が完成した文章になるように、文意に沿って、(1)～(4)の(a)から(f)を並べ替えた後、それぞれ1番目、3番目、6番目にくるものの記号をマークせよ。

この問題は著作権の都合により掲載できませんでした。

(Moran, J. et al. (2024). *Journal of Sports Sciences* より一部改変)

3

(全9の4)

4 次の英文を読んで、以下の問いに答えよ。

Creatine — a naturally occurring chemical present in muscle and food sources like meat and fish — has gained popularity as a supplement among weightlifters looking to increase their energy levels and to build muscle. Furthermore, recent research is now exploring creatine's potential role in a different area — dementia prevention in older people. Let's ¹⁾_____ into the merits and demerits of creatine both for sports and ageing.

Creatine plays a crucial role in energy production within muscle cells. During weightlifting, our bodies rely on adenosine triphosphate (ATP) for short bursts of power. Creatine helps regenerate ATP, allowing for longer workout ²⁾_____ and potentially faster recovery times. Various studies have shown that creatine supplementation can lead to three positive outcomes.

- **Increased Strength:** Creatine can help weightlifters lift heavier weights by improving their ability to produce force.
- **Enhanced Muscle Growth:** Higher gains in muscle mass could result from increased training volume brought on by better recovery.

- **Reduced Fatigue:** By replenishing ATP stores, creatine can delay fatigue during intense workouts.

However, it is important to understand that the benefits of creatine supplementation might ³⁾_____ based on individual factors, such as the intensity of the person's training, diet, and genetics. Furthermore, some studies have not been able to fully confirm these benefits for all types of athletes.

Let's move onto the matter of the brain. Dementia is a condition characterized by cognitive decline that severely affects people's quality of life and those around them. Research suggests that a decrease in brain energy production over time might be a contributing factor. This is where creatine's probable neuroprotective role comes into play. Research on the use of creatine supplements in both healthy persons and those with mild cognitive impairment has repeatedly demonstrated encouraging outcomes in relation to the following areas:

- **Improved Cognitive Performance:** Some studies indicate that creatine supplementation might enhance memory and processing speed.

- **Increased Brain Energy:** Creatine might help improve brain cell function by boosting ATP production.

While these findings are ⁴⁾_____, we are still at a point where far more research is needed to confirm creatine's efficacy in preventing or treating dementia. Additionally, the optimal dosage and long-term effects of creatine supplementation in older adults require further investigation.

Before getting too excited about the potential benefits of creatine for both the body and the brain, there are some demerits associated with creatine supplementation that are already known. People can experience short-term side effects like bloating, headaches, and stomach cramps. Because creatine draws water into muscle cells, proper hydration is essential to prevent dehydration during any exercise. Individuals with pre-existing kidney problems should always consult a doctor before using creatine as it can put additional ⁵⁾_____ on the kidneys. Indeed, it would be a smart move for any creatine user to include a kidney as part of their annual health check.

In conclusion, creatine's story continues to unfold with exciting possibilities in both supporting physical performance and fighting dementia. Creatine appears to be a safe and effective supplement, but it is always a good idea to exercise ⁶⁾_____ and consult a healthcare professional first. A good professional will assess your individual needs and health status to determine if creatine is a safe and ⁷⁾_____ choice for you. Furthermore, it is also essential to always maintain a healthy diet, adequate hydration, and a balanced training program for optimal results regardless of gender or age.

4

(全9の5)

1. 本文の空所(1)～(7)に入れるのに最も適切な語句を、下記の(a)～(d)からそれぞれ1つずつ選び、その記号をマークせよ。

- | | | | |
|----------------------|--------------|--------------------|------------------|
| (1) (a) delve | (b) dissolve | (c) resolve | (d) revolve |
| (2) (a) submissions | (b) nations | (c) contemplations | (d) durations |
| (3) (a) obey | (b) deny | (c) vary | (d) bury |
| (4) (a) entertaining | (b) enduring | (c) encouraging | (d) enterprising |
| (5) (a) strain | (b) stem | (c) stern | (d) screen |
| (6) (a) elation | (b) caution | (c) action | (d) suction |
| (7) (a) tangible | (b) moderate | (c) tolerant | (d) appropriate |

2. 本文中の内容と適合するものを下記の(a)～(h)から3つ選び、その記号をマークせよ。

- (a) Creatine is a molecule, which exists both in muscle and food sources.
- (b) The article states creatine improves energy levels but not muscular development.
- (c) Studies have shown prolonged creatine use can lead to fatigue.
- (d) Studies have definitively confirmed the benefits of creatine for all athletes.
- (e) A decreased number of brain cells might be a factor in dementia.
- (f) Creatine supplementation might improve brain energy and cognitive performance.
- (g) Studies have failed to demonstrate a connection between creatine use and memory.
- (h) Consulting a healthcare professional before starting creatine is advised.

(全9の6)

5 次の英文を読んで、以下の問いの答えを、それぞれ(a)～(d)より1つずつ選びマークせよ。

Ethel Lowry, known to all as "Sunny", was born to a fish wholesaler and his wife in Longsight, a small town in England, in 1911. From a very young age, she loved playing in water, and it was not long before she started swimming. She would swim regularly at Victoria Baths and Levenshulme Baths as a child, and she easily outpaced all of her peers in water.

After primary school, she enrolled in Manchester High School for Girls. The school's headmistress was of the opinion that Sunny was far too focused on swimming, and that she should put more effort into her academic study. Sunny later observed in an interview: "The headmistress was a rather stern woman, and she looked at me from over her half-moon glasses, and said "Lowry, what is your ambition?" I simply replied, "To swim the Channel", and she looked sharply at me and said, without another word, "Dismissed!"

By her late teens, and off her own bat, Sunny had developed into a strong long-distance swimmer. She took advantage of her family's holidays in the summer to swim Lake Windermere, the length of which is 18.08 km, and she also swam along stretches of the North Wales coast. She often liked to wear a two-piece costume, which was considered very daring for a woman at the time. On more than one occasion she remarked that she had been branded a harlot for daring to bare her knees let alone her midriff.

Determined to realise her dream, Sunny entered a competition, in which the winner would be trained by a top swimming team in preparation for a cross-Channel swim. Out of 300 applicants, Sunny was chosen. So, in 1933, at the age of 22, she caught a train from Manchester down to the south coast to begin rigorous training. Her Scottish trainer, Jabez Wolff, was a tough nut. One of the first things he said to her was, "If you say the water's cold, you may as well get off home now".

On her first attempt to swim the Channel from Dover Beach, England, she was defeated by the sea's strong currents. The very next day, she tried again and actually got within sight of the French coast. Then, a storm blew up, and the team's boat completely lost sight of her at one point. She was finally spotted when one of the crew caught a glimpse of her swimming cap during a flash of lightning. After two failed attempts, the swimming team considered giving up, but Sunny said she really wanted to give it one last go. Third time lucky, she supposed.

She set off again, and this time it was from the French side. It was in the small hours of the morning and was still pitch black. As usual, she had to be covered in grease from head to foot to reduce the risk of hypothermia. In preparation for the swim, she had been on a high protein diet, eating up to 40 eggs a week. This pushed up her weight to 92 kilograms because it was predicted that she would lose 0.45 kilograms for every hour in the sea. During the actual swim across the channel, she ate nothing, but paused now and again to drink coffee, cocoa and beef tea, which she swigged from a bottle dangled over the side of the escort boat.

After swimming for a total of 15 hours 41 minutes, she finally emerged from a rough sea, and crawled up the sandy beach at St. Margaret's Bay, near Dover. Her face and neck were swollen due to hundreds of little jellyfish stings, and her lips were cracked and blue. She was utterly exhausted, but she had made it and in doing so became the sixth woman to swim across the Channel.

After her successful swim, Sunny returned to Manchester where she was greeted by cheering crowds at Central Station. She accepted that her moment in the limelight would not last, and she dedicated the rest of her life to teaching others how to swim. She eventually married her husband, Bill, who was also a swimming instructor.

Later on in life, Sunny was declared a Member of the Order of the British Empire by Queen Elizabeth for her services to promoting swimming in the Northeast of England. Sunny was described by those who knew her as a wonderful, gentle, kind lady. Her great niece said: "She was as fit as a fiddle, as sharp as ninepence, and she kept on swimming well into her 90s".

(全9の7)

1. What was Sunny's ambition from a young age?
 (a) To open a chain of swimming schools.
 (b) To become a swimming instructor.
 (c) To swim the British Channel.
 (d) To become a professional swimmer.
2. What did the headmistress at Sunny's school think about her focus on swimming?
 (a) She encouraged Sunny to pursue her dream.
 (b) She wanted her to forgo swimming in favour of learning.
 (c) She looked upon Sunny's interest as a means to promote the school.
 (d) She thought Sunny should move to another more suitable school.
3. How did Sunny qualify for training with a top swimming team?
 (a) She was personally recommended by her coach.
 (b) She won a competition for aspiring swimmers.
 (c) She impressed the team with her diving skills.
 (d) She was the strongest swimmer at her high school.
4. What did Sunny do in her youth, which was considered daring at the time?
 (a) She chose to wear a thin body wetsuit.
 (b) She wore a revealing piece of swimwear.
 (c) She signed up with a famous brand.
 (d) She took advantage of her family holidays.
5. What happened during Sunny's second attempt from Dover Beach?
 (a) She gave up halfway due to exhaustion.
 (b) She was disqualified for not following the route.
 (c) She was caught in a storm and lost sight of the crew.
 (d) She successfully swam the entire distance.
6. What measure was NOT taken to prepare Sunny to swim?
 (a) Establishing a very high calorie diet full of protein
 (b) Swimming between Britain's mainland coast and islands
 (c) Covering the skin with fat to reduce the risk of freezing
 (d) Doing a lot of training with a famous trainer
7. After returning to Manchester, what did Sunny do?
 (a) She attempted to beat her personal best swimming time.
 (b) She hired another trainer to give her an edge in national competitions.
 (c) She decided to dedicate her time to the promotion of swimming.
 (d) She decided raising children was a better idea than swimming.

7

(全9の8)

6 次の英文1～8の [] に入れるのに最も適切な文を作るには、それぞれ(ア)をどのように選んで組み合わせてみましょう。下の(a)～(h)の中からそれぞれ1つ選び、その記号をマークしなさい。

1. So you think you are set on that brand. I assume [] ?
- | | | |
|-------------------|--------------------------------------|------------------------------|
| (ア) doing your | (ア) all your research comparing | (ア) the pros and cons, right |
| (イ) you have done | (イ) with comparison researching what | (イ) right pros and cons |
- (a) (ア)→(ア)→(ア) (b) (ア)→(ア)→(イ) (c) (ア)→(イ)→(ア) (d) (ア)→(イ)→(イ)
 (e) (イ)→(ア)→(ア) (f) (イ)→(ア)→(イ) (g) (イ)→(イ)→(ア) (h) (イ)→(イ)→(イ)
2. My mother says she is not aware [] awards and accolades as him.
- | | | |
|---------------------------|------------------|------------------------|
| (ア) any artist of living, | (ア) or dead, who | (ア) has earned as many |
| (イ) of any artist, living | (イ) who is dead, | (イ) that earned more |
- (a) (ア)→(ア)→(ア) (b) (ア)→(ア)→(イ) (c) (ア)→(イ)→(ア) (d) (ア)→(イ)→(イ)
 (e) (イ)→(ア)→(ア) (f) (イ)→(ア)→(イ) (g) (イ)→(イ)→(ア) (h) (イ)→(イ)→(イ)
3. That was just too tough [] an acceptable level.
- | | | |
|--|---------------------------|------------------------------|
| (ア) of a task for the participants. Only | (ア) a very small number | (ア) of them produced work of |
| (イ) to the participant task. Only | (イ) number was very small | (イ) work product was they |
- (a) (ア)→(ア)→(ア) (b) (ア)→(ア)→(イ) (c) (ア)→(イ)→(ア) (d) (ア)→(イ)→(イ)
 (e) (イ)→(ア)→(ア) (f) (イ)→(ア)→(イ) (g) (イ)→(イ)→(ア) (h) (イ)→(イ)→(イ)
4. In recent years, it is getting [] documents as official ones.
- | | | |
|-----------------------------------|-----------------------------|--------------------------|
| (ア) common organizations for more | (ア) recognition to digital | (ア) opposed to physical |
| (イ) more common for organizations | (イ) to recognize digital as | (イ) to physical opposing |
- (a) (ア)→(ア)→(ア) (b) (ア)→(ア)→(イ) (c) (ア)→(イ)→(ア) (d) (ア)→(イ)→(イ)
 (e) (イ)→(ア)→(ア) (f) (イ)→(ア)→(イ) (g) (イ)→(イ)→(ア) (h) (イ)→(イ)→(イ)

8

(全 9 の 9)

5. The soup might be ready, but wait. Let me have a taste and see [] salt and pepper.

(ア) if it is. Ah, maybe [] I wouldn't if I [] need more for us to say
 (イ) what it may be. Ah, [] it isn't. I'd [] say we need some more

(a) (ア) → (ア) → (ア) (b) (ア) → (ア) → (イ) (c) (ア) → (イ) → (ア) (d) (ア) → (イ) → (イ)
 (e) (イ) → (ア) → (ア) (f) (イ) → (ア) → (イ) (g) (イ) → (イ) → (ア) (h) (イ) → (イ) → (イ)

6. Everyone in attendance was evidently startled when she [] expression of her feelings.

(ア) burst into tears, but it didn't [] long them to take [] sympathetic with the genuine
 (イ) tears them into bursts, so it doesn't [] take them long to be [] sympathy for the genuine

(a) (ア) → (ア) → (ア) (b) (ア) → (ア) → (イ) (c) (ア) → (イ) → (ア) (d) (ア) → (イ) → (イ)
 (e) (イ) → (ア) → (ア) (f) (イ) → (ア) → (イ) (g) (イ) → (イ) → (ア) (h) (イ) → (イ) → (イ)

7. In fact, the price of the item was not even [] was such a great deal.

(ア) attractive, compared to what's [] offer every other sites a day, despite [] my parents thought it
 (イ) what's compared to attractive [] offered every day at other sites, although [] thinking my parents

(a) (ア) → (ア) → (ア) (b) (ア) → (ア) → (イ) (c) (ア) → (イ) → (ア) (d) (ア) → (イ) → (イ)
 (e) (イ) → (ア) → (ア) (f) (イ) → (ア) → (イ) (g) (イ) → (イ) → (ア) (h) (イ) → (イ) → (イ)

8. We've got to make something new and yet keep the cost to a minimum. Oh, I have [] does that sound?

(ア) an idea. We could do a narrated video [] clip photos from this with [] the background years. What
 (イ) ideas to do, by which narrated video [] clip with photos from this [] year in the background. How

(a) (ア) → (ア) → (ア) (b) (ア) → (ア) → (イ) (c) (ア) → (イ) → (ア) (d) (ア) → (イ) → (イ)
 (e) (イ) → (ア) → (ア) (f) (イ) → (ア) → (イ) (g) (イ) → (イ) → (ア) (h) (イ) → (イ) → (イ)