

【1】 次の記事(A)と対話(B)を読み、(1)～(10)の質問に対し最も適切なものを1～4より選びなさい。

(A)

If the thought of going to the gym doesn't fill you with enthusiasm, maybe the latest exercise trend to become popular on social media will: interval walking. The idea is simple: alternate between three minutes of fast and three minutes of slow walking, ideally for 30 minutes at a time.

"The fast walking pace is typically fast enough that you are not able to speak in long sentences," said Dr Kristian Karstoft, a professor at the University of Copenhagen. "And then the slow intervals are so slow that you are able to recover." He added that people could often find it challenging to walk slowly enough during these intervals. Karstoft said the approach was particularly suited to people with a history of running injuries, as walking is less hard on the joints, or middle-aged or older adults who do not do much regular training. People who were already pretty fit, he said, would need to jog or run for intervals to experience similar benefits.

The routine is similar to high-intensity interval training, where short periods of hard and gentle exercise are done in turn. Dr Shaun Phillips, a senior lecturer in sport and exercise physiology at the University of Edinburgh, said: "High-intensity exercise can give similar benefits to moderate-intensity exercise but in a shorter time frame or with a lower volume of exercise. The use of high-intensity places a bigger stimulus on the body to adapt." (a), not everyone can keep up a furious pace, even when walking. Phillips said people who were less active or fit should start with normal walking, and then try interval walking.

According to one Japanese study, involving an analysis of data from 139 healthy participants with an average age of 63, people who did high-intensity interval walking on four or more days a week over a five-month period increased their blood oxygen delivery capacity, indicating an improvement in physical fitness. What's more, these improvements were greater than for participants who had undertaken a walking routine of continuous, moderate intensity or who did no walking training. The study also suggested high-intensity interval walking may reduce blood pressure and increase the strength of the knee joints. A small-scale study by Karstoft and his colleagues found the approach could also benefit people with type 2 diabetes.

Four months of high-intensity interval walking was associated with greater benefits than continuous walking, even though the overall energy expenditure and mean training intensity were the same. "Typically with interval walking, we've seen a gain in fitness level of around 15% to 20% compared to very small or no improvements in fitness levels when subjects are doing the continuous walking, Karstoft said. "We've seen improvements in body composition with an average weight loss during four to six months of training of around three to five kilograms, mainly due to fat mass." A review on the topic published by Karstoft and his colleagues last year concluded that interval walking was a feasible and effective training routine for older, fragile people. "It significantly enhances fitness, muscle strength, and health markers," they wrote.

But, Phillips acknowledged, while some people like the challenge of higher intensity periods of exercise, others hate it. "We're certainly never going to come to the ideal exercise routine that

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everybody loves," he said. "It's about trying to give as many workable and beneficial options as possible that people can pick from."

(Adapted from an article in *The Guardian* newspaper)

(B)

A: Hi there! How have you been? (b)

B: Hi! Pretty good, thanks. About a year? By the way, did I see you in the park last weekend? You seemed to be in quite a hurry and you'd gone by the time I noticed you.

A: Was that Sunday? Yeah, I've been trying to get more exercise.

B: That's great. I should really get more exercise, too, but I hate going to the gym.

A: (c)

B: What, in the park?

A: Yeah, I just take a gentle walk for about half an hour a couple of times a week. It's really made a difference.

B: That sounds really nice. I'll call you later. This looks like my stop. See you again soon!

A: Anyway, the next station is mine, so I'll leave you here. Nice to see you again.

B: You, too. Bye!

(1) What is the main idea of the first article?

1. Blood pressure can be controlled with light exercise.
2. Japan is providing the most effective exercise routines.
3. Interval training has health benefits for older people.
4. Further research is required on how to maintain health in older age.

(2) Which of the following should fill the blank (a)?

1. However 2. In contrast 3. Nevertheless 4. Moreover

(3) From the information in the article, which group of people is likely to see the most benefits to their health?

1. People who do regular interval training over a number of months.
2. People who do regular gentle exercise over a number of months.
3. People who exercise when the mood takes them.
4. People who have previously suffered sports-related injuries.

(4) Which of the following is not stated as a benefit of interval training ?

1. Higher muscle strength.
2. Improved fitness level.
3. Potential improvements in blood sugar levels.
4. Enhanced enthusiasm for life.

(5) Who does 'you' (line 4) in refer to?

- | | |
|---------------------------------------|---|
| 1. the reader of the article | 2. the journalist interviewing the researcher |
| 3. the people doing interval training | 4. Dr. Karstoft |

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(6) Which of the following could best replace 'alternate' (line 2)?

1. continue 2. improve 3. switch 4. decrease

(7) Which word can best replace 'fragile' (line 33) in the article?

1. weak 2. energetic 3. active 4. housebound

(8) Which of the following should fill the blank (b)?

1. Long time no see! 2. Have you been abroad?
3. Where were you last week? 4. How come you're here?

(9) Which of the following should fill the blank (c)?

1. Many people don't enjoy the gym.
2. How often do you go there?
3. You should join me.
4. Which gym do you go to?

(10) Where might conversation (B) likely take place?

1. In the park. 2. On the subway.
3. At a train station. 4. Close to a notice board.

【2】 次の英文の意味が通じるように、空欄に最も適切なものを1~4より選びなさい。

(1) In most hospitals, mask-wearing and visiting hour () are still in place due to the COVID-19 outbreak.

1. guides 2. labors 3. notices 4. restrictions

(2) "What are your symptoms?" – "I have a () throat, and for the past two or three days I haven't been able to eat much."

1. sore 2. sharp 3. weary 4. comfortable

(3) I visited my grandmother in the hospital. She looked healthier than when I last saw her, so I felt ().

1. refined 2. recovery 3. regained 4. relieved

(4) My elder brother always () me for taking vitamins because he believed that they were useless.

1. made fun of 2. looked up to 3. spoke highly of 4. recommended to

(5) A national () is used to understand the number of people and households in each country and one is conducted every five years in Japan

1. examination 2. research 3. census 4. motion

(6) I really enjoy my current part-time job because I get to work with people. So I don't mind working overtime ().

1. at the end 2. at all 3. at any time 4. at once

(7) When you get a CT scan at the hospital, you're told to follow the machine's instructions, like "Take a deep breath and () it."

1. hold 2. follow 3. keep 4. remove

(8) This summer was very hot, and almost every day I got messages on my phone warning me about ().

1. heatstroke 2. heat shock 3. overheating 4. heat wave

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(9) The kids went wild with excitement when Santa showed up, and the teachers kept saying "()!" but it took a while to settle things.

1. Sit down 2. Be quiet 3. Calm down 4. Cheer up

(10) On July 30, 2025, a big earthquake happened near the Kamchatka Peninsula. It caused a tsunami. The TV said, "Tsunami warning – () immediately!" in many parts of Japan.

1. evacuate 2. escape 3. extend 4. endeavor

【3】 空欄に、語法上最も適切な英語を1～4より選びなさい。

(1) () the new project may not be easy, but if everyone does their part we will succeed.

1. Starting 2. Started 3. Being started 4. On starting

(2) Your semester grade () not only how well you do on each test, but also on how you participate in class.

1. bases 2. based 3. is basing 4. is based

(3) Too bad you missed the game last night. You would have had fun () our team win!

1. to watch 2. watch 3. watched 4. watching

(4) Before she began to feel any stronger, she had taken most of the medicine () by the doctor.

1. prescribe 2. to prescribe 3. prescribed 4. prescribing

(5) People living in the area () a strange smell for about an hour. Several people have already reported feeling unwell.

1. are noticing 2. notice 3. had noticed 4. have been noticing

(6) "What do you want to do, John?" – "Well, there's nothing else to do, so we () as well watch a movie."

1. can 2. may 3. must 4. will

(7) My teacher () often tell us stories from her travels abroad. Those stories inspired me, and now I'm working in Africa with the Japan Overseas Cooperation Volunteers.

1. should 2. might 3. would 4. could

(8) "My phone is gone. Maybe someone took it. I'll say it was a robbery." – "I () say that if I were you. It might just be lost."

1. mustn't 2. can't 3. won't 4. wouldn't

(9) It was him who suggested that you () at the door to greet each guest on his arrival.

1. will be 2. be 3. were 4. are

(10) If anyone happens to call while I am out of the office, please have him or her () a message for me.

1. leave 2. left 3. to leave 4. leaving

【4】 語法上、または意味が通じるように、空欄に最も適切なものを1～4より選びなさい。

(1) I don't know () you can recognize her from here, but the girl surfing the Internet in the library is Julia.

1. as 2. if 3. when 4. that

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(2) After studying hard to become an actor, he discovered that it was () he wanted to do.
1. how 2. what 3. who 4. why

(3) I cannot help admiring a person () does not continually complain of his problems.
1. who 2. which 3. whose 4. whom

(4) Nowadays in Japan, there are more foreign workers. We need to get along and live together, not fight () each other.
1. for 2. through 3. against 4. from

(5) "Are you studying for the English test tomorrow?" – "Wait, didn't you hear? The teacher put it () until next Tuesday."
1. through 2. over 3. on 4. off

(6) "If you cannot lend me the money, I think I'll ask Fred." – "Don't bother. He has () than I do. To be honest, borrowing money isn't the best thing to do."
1. fewer 2. little 3. few 4. less

(7) "Why do you have an umbrella?" – "I carry one () it looks like rain. Look, it might rain this afternoon."
1. although 2. whenever 3. despite 4. because of

(8) "I see the travel agency gave you a lot of information." – "Yes, some of it is useful but () isn't. I'm thinking of looking it up online next time."
1. the remain 2. the rest 3. another 4. the other one

(9) "Michel has lived in France for three whole years." – "Yes, but he () doesn't understand French. It'd help if he talked to native speakers more."
1. already 2. yet 3. still 4. anymore

(10) "Are you going to the movies?" – "If Sally goes, (). To be honest, I like Sally. So, I think this is a perfect chance to open up to her."
1. I do so 2. so go I 3. so I'll go 4. so will I