

2024年度 保健学部 一般選抜 2月6日 英語 70分

I 次の問い(問1~15)の英文の空欄 ~ に入る最も適当なものを、それぞれの①~④の中から一つずつ選べ。

問1 She talked her father () buying a computer.

- ① within ② into ③ inside ④ instead

問2 My uncle () colon cancer.

- ① developed ② recovered ③ had from ④ came down

問3 Tokyo has () over thirteen million.

- ① inhabit by ② residing ③ a population of ④ inhabitants

問4 We have four items on the () for this meeting.

- ① discussion ② agenda ③ participants ④ requests

問5 The patient who had liver disease () completely by the time he left the hospital.

- ① has recovered ② had recovered ③ was treated ④ has been treated

問6 My physical condition has been improving () September.

- ① until ② after ③ since ④ before

問7 Could you tell me the name of the department () Dr. Tanaka works?

- ① where ② in that place ③ when ④ on which

問8 Dr. Yamada is in surgery at the moment, () he can't see any patients.

- ① although ② because ③ so ④ while

問9 If you run out of paper, you () find plenty more in this drawer.

- ① will ② need ③ may be ④ have to

問10 I () the kids to brush their teeth.

- ① let ② had ③ made ④ got

問11 A : How often do you buy new glasses?

B : (サ)

- ① About three to five days per week.
- ② The new shop in City Mall.
- ③ I actually switched to contact lenses.
- ④ I love them but they were really expensive.

問12 A : (シ)

B : Thanks, but I already got them.

- ① Can I get you a cup of coffee?
- ② Those shoes look really good on you!
- ③ Do you want to try out the new gym this weekend with me?
- ④ I can pick up your packages while I'm at the post office.

問13 A : Which section should I turn to in the textbook?

B : (ス)

- ① Wait, that's the wrong textbook!
- ② Thirty-two pages this week, but only seven next week.
- ③ The three sections are not included in the textbook.
- ④ Please close your book when you are finished.

問14 A : Where are your photographs being exhibited now?

B : (セ)

- ① I can't wait to see them!
- ② For just over a month.
- ③ At the community center.
- ④ In black and white only.

問15 A : (ソ)

B : There are no spots left, however.

- ① They wanted to tour the factory today, didn't they?
- ② This restaurant is incredibly popular. I'm glad we could get a table!
- ③ How many people are coming tonight?
- ④ I hope they haven't left already!

問 5 A : 今日のお昼ご飯, どうする? フードトラックにしない?

B : いいね。私もそうしようかな。今日は牛丼のトラックだったはず。

A : その通り, 今日は牛丼のトラックだよ。日替わりでいろいろなメニューを選べるのは楽しいよね。ガパオライスやロコモコも好き。

B : そうね, フードトラックがなかったら, ああいうおいしい料理を試すことはできなかったでしょう。

A : What should we have for lunch today? How about trying the food truck?

B : Sounds good. I think it's the beef bowl truck today.

A : That's right, it is. It's fun to have various things to choose from each day, right? I also like the Thai basil fried rice and Loco Moco.

B : Yeah, (ケ) () () () () the food truck, I () () (コ) out on trying those delicious foods.

① for

② missed

③ have

④ had

⑤ not

⑥ it

⑦ been

⑧ would

Ⅲ 次の文章〔英文1・2〕を読み、下の問い(問1～9)に答えよ。なお、*印のある語句には注がある。

〔英文1〕

Sleep profoundly impacts human health, improving attention, memory, emotional regulation and work performance, and reducing the risk of disease. But over the past few decades, the amount of sleep that people get has declined substantially. A 2017 study of some 690,000 children from 20 countries found that nightly sleep duration fell (A) more than an hour from 1905 to 2008. Nearly one-third of adults in the United States sleep for less than six hours per night, and sleep duration has dropped since the 1960s for adults in Japan, Russia, Finland, Germany, Belgium, and Austria.

“Society as a whole has changed quite a lot,” says Theun Pieter van Tienoven, a researcher at the Free University of Brussels who studies gender division of labor, daily routines, and sleep sociology. “We tend to want to do much more than we can handle in our daily life.” According to van Tienoven, digitalization and globalization have driven many people to cram more activities into their daily schedules, often (B) of sleep. The use of social media at night and fear of missing out have been shown to reduce sleep quality, perhaps (C) people stay up later to engage in social activities, and exposure to blue light from screens has a damaging effect on their sleep-wake cycles, or circadian rhythms.

Poor-quality sleep can affect cognitive function in ways that translate to the workplace and home life. “Poor sleep results in poor judgment, errors in decision-making, and decreases in reaction time and motor performance. Many workplace accidents are due to poor sleep,” says Hrudananda Mallick, a physiologist in Gurugram, India.

People who are sleep-deprived can also become less aware of how their performance is being impaired. “Chronic sleep deprivation has been likened to excessive alcohol consumption. In a similar way that a person who is intoxicated may not realize their performance is affected, a person who is sleep-deprived may become less aware that their physical and cognitive abilities are compromised,” says Lisa Matricciani, who studies how sleep affects human health and well-being at the University of South Australia in Adelaide.

As well as affecting cognition, low-quality sleep is associated with obesity, heart disease, diabetes, and early death. “Sleep habits can influence lifestyles, like dietary habits and physical activity, smoking and drinking,” says Zhilei Shan, a nutritional epidemiologist in Wuhan, China. People who are sleep-deprived are likely to feel tired and be less inclined to exercise, whereas those who sleep for too long could miss opportunities to exercise and eat breakfast, he says. Although Shan typically sleeps for nine hours each night on weekdays and ten hours each night

問 3 下線部(1)の調査結果に含まれるものを、次の①～④の中から一つ選べ。 キ

- ① アメリカ合衆国で、一晩あたりの睡眠時間が6時間未満の大人は、全体のほぼ3分の1であった。
- ② 睡眠不足になった人は疲れやすく、運動する時間も減る傾向にあった。
- ③ 1905年から2008年にかけて、調査した20カ国の子供たちの睡眠時間は減少した。
- ④ 日本、ロシア、フィンランド、ドイツの成人の睡眠時間は1960年代から減少した。

問 4 下線部(2)の意味として最も適当なものを、次の①～④の中から一つ選べ。 ク

- ① behavior, especially of a young person, that is illegal or not acceptable to most people
- ② a situation or condition that makes someone likely to be harmed
- ③ the act of making something known that was secret, or a fact that is made known
- ④ the fact of being empty or without anything new or creative

問 5 下線部(3)がもたらすものとして、本文内に含まれないものを、次の①～④の中から一つ選べ。 ケ

- ① 反応時間や運動能力の低下
- ② 学業成績低下のリスク
- ③ 仕事場での事故
- ④ 判断力の低下

問 6 下線部(4)を創出するための工夫として、最も適切なものを、次の①～④の中から一つ選べ。

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- ① eating a light dinner at least one hour before bedtime
- ② keeping the bedroom temperature at around body temperature
- ③ blocking light with room-darkening shades
- ④ avoiding the use of sleep-related goods such as earplugs and sleeping masks

問 7 本文内の記述に合致するものを、次の①～④の中から一つ選べ。 サ

- ① 平日毎晩9時間、週末毎晩10時間寝る人は、疲れやすく、運動をしたがらない。
- ② 食生活や身体活動、喫煙や飲酒などのライフスタイルは、認知能力に影響を与える可能性がある。
- ③ 肥満、心臓病、糖尿病、早期死亡はどれも、睡眠と覚醒のサイクル、即ち概日リズムの乱れと関連している。
- ④ 寝る前に、気になること全てを書き出すことを、快眠法として勧める人もいる。

問 8 本文内の記述に合致しないものを，次の①～④の中から一つ選べ。 シ

- ① 睡眠と覚醒のサイクル，即ち概日リズムは，電子機器が発するブルーライトの影響を受ける。
- ② 睡眠不足の人は，自分の身体能力や認知能力が低下していることに気づきにくい。
- ③ アルコールを過剰に摂取する人は，眠りが浅く，酩酊状態が持続しやすい。
- ④ 睡眠は注意力，記憶力，感情調節，仕事のパフォーマンスを向上させ，病気のリスクを軽減する。

[英文2]

India is a country famous for its rich cultures and traditions, but India's rapidly growing economy and reputation as the biggest international service provider in information technologies is also making it famous. Many people in India are searching for the good life through industrialization that will help improve their quality of life. India's progress in terms of industrial development has been phenomenal over the past several decades. While economic progress is creating opportunities for better education and higher incomes, in terms of sustainable development, India is far from achieving this goal. Across the country, poverty and a degraded environment are two increasingly difficult issues. Forests and glaciers are dwindling, air and land are being polluted, and coastlines are disappearing. But there are people who are still trying to practice a traditional lifestyle despite the rush to industrialize.

In northeastern India, there is a small settlement surrounded by vegetable gardens. No electricity or telephone poles run to the huts. Nor is there a satellite dish to be seen. Deer roam freely, seemingly unafraid of people, and for good reason. The settlement is populated by members of the Bishnoi, a community that traditionally respects and protects nature. They were founded in the 15th century when a saint laid down 29 Principles for his followers. (Hence their name: "*bis*" means 20 and "*noi*" means 9.) The Bishnoi are said to be the first environmentalists in the world, following environmental and wildlife protection and conservation since 1485.

Today, there are around 600,000 Bishnoi spread across northern and central India. Several Bishnoi principles are directed at encouraging harmony between man and nature, including those that prohibit the eating of meat and cutting trees. Their ecological practices are important in modern India, where the environment often takes a back seat to economic growth and development. A variety of vegetables supply them with most of their daily nutrition. No one smokes or drinks alcohol as both lead to addiction. Nobody uses electricity. They only use motor vehicles when they absolutely have to. The majority of members seldom leave their community and money has no function as they trade and barter for goods among themselves. The thatch-like material on the roofs of their houses is from plants they know animals don't eat. They try to limit their use of plastic as plastic is bad for the environment, lining the bellies of animals, sometimes choking them.

This evidence of ecological living is impressive, but it is clear, also, that for all their commitment to an ancient way of life, the Bishnoi are struggling against the realities of development. Once, the Bishnoi were totally self-sustaining and able to live off the land. Now many are forced to move to the cities and take up modern jobs. With this change, families will become smaller and the population of Bishnoi will surely decrease, maybe even become extinct. This and future generations will be different, drinking and smoking, maybe even eating meat.

“India is getting more and more developed,” Khiyaram Bishnoi said. “Our children will move to cities. I worry that the 29 Principles will be ignored.” He, too, worked sometimes in the city. It was difficult out there; he hated the pollution and the crowds, but he had no choice. He had a family. He had to feed them. “Good luck,” I said. “I think you have a hard time ahead of you.” “Yes, hard time,” he said, and he smiled. “Hard time, but a good life.”

(A Hindu Sect Devoted to the Environment

by Alash Kapur © The New York Times Company.)

問 9 [英文2]を読み, 次の[A群]～[F群]の設問への答えをそれぞれ①～③の中から一つずつ選べ。

[A群] According to the passage, what is true about India?

ス

- ① Significant progress in the areas of education, industry, environment, and economy have been seen in the past several years.
- ② It is a country well-known for its interesting customs and culture, its IT industry, and a worrying increase in various forms of pollution.
- ③ The quality of life of Indians has improved due to industrialization, sustainable development, and economic progress.

[B群] According to the passage, what are the Bishnoi?

セ

- ① a list of 29 principles aimed at protecting not only animals but also keeping the land, water, and air clean
- ② an area of India where there is no electricity or telephone service but many deer and vegetable gardens
- ③ a group of people following the ideas of a saint that aim for peace between nature and human beings

[C群] What are some things not traditionally used by the Bishnoi?

ソ

- ① cars, plastic, and plants
- ② houses, satellite dishes, and cigarettes
- ③ alcohol, meat, and telephones

[D群] What problem are the Bishnoi facing?

タ

- ① the requirement that those with families must work in the city
- ② the pressure from people living in large cities for them to eat meat
- ③ the possibility that they will become extinct someday soon

[E群] Why do the Bishnoi not use money?

- ① because they exchange things with each other within the community
- ② because the members almost never drive automobiles
- ③ because the plants on their roofs are free

[F群] What is the main idea of this passage?

- ① The 29 rules are important for the Bishnoi in order to keep the environment healthy and they have been successful so far due to the lack of polluted water and air in their settlement.
- ② Living in harmony with nature is very important for the Bishnoi community but it may be very difficult for the next generation to continue to follow in their footsteps.
- ③ No one from the Bishnoi works outside of the village but if they do in future, they will likely have fewer children, and in the end, they may become extinct.