

令和6年度 編入学・学士入学試験問題

学類名	人間発達文化学類	科目名	外国語科目 (英語)
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I

次の英文を読み、設問に答えなさい。

We all know that we can support good physical health by eating well and getting sufficient exercise. These two components are central to the quality of life: they keep us alive and active. We can eat almost anything to stay alive, but with the right combination of nutrition and exercise we can also have an active and satisfying life. In this text we are going to examine how nutrition and fitness work together to build a healthy life.

But what exactly is a healthy life? ⁽¹⁾ Most people would say that it is when we look and feel good and are able to do the physical activities that we need or want to do in our daily lives. According to a lot of research, regular exercise is important to having a healthy life, but nutrition has an even greater impact. Because of this, many sport trainers and coaches consider healthy food intake (providing good nutrition) as the primary fitness goal. When we eat right, we feel healthier, stronger, more confident and ultimately happier.

Nutrition is the process by which living things receive the food necessary for them to grow and be healthy. This process doesn't mean simply to consume food or drink. It also involves the selection and consumption of food and drinks that contain important nutrients that bodies need to grow well and maintain health: water, vitamins, minerals, protein, carbohydrates, and so on. However, as our bodies pass through different developmental stages (e.g., infant to teenager, young adult to elderly) our nutritional needs change in type and quantity. ⁽²⁾ That is because our body structures and physical abilities change as we grow older (e.g., body sizes increase, muscles develop in strength, mobility and control). We can help these physical changes by matching our nutrition to our physical development and needs. Moreover, through using exercises that complement our nutritional intake and are appropriate to our age, physique and general health, we can improve our overall level of fitness and well-being.

Some research studies have shown that having proper nutrition in the first year of life is the most important for lifelong health. For instance, ⁽³⁾ 1歳で太りすぎの子どもたちは、その年齢において健康的な体重の子どもたちよりも、生涯にわたって体重の問題に苦しむ可能性が高くなる。 For healthy bone growth, children have a greater need for calcium than adults do. The elderly also need more calcium than younger adults so as to strengthen bones that are weakening with aging. Thus, good nutrition can help with both physical development and maintenance, and can also aid in health improvement during times of injury or illness.

⁽⁴⁾ 身体活動を行うための栄養の必要量は、3つの主要因次第である: intensity, duration, and type. One part of a food's nutritional value is its quantity of calories. A calorie is a measurement of the amount of energy a certain food provides to fuel physical activities. For high intensity activities such as playing football or skiing, there is a larger calorie need than for less intensive activities such as taking the dog for a walk. Doing an activity for an hour requires more calories than doing it for 30 minutes. An aerobic activity (or cardio) such as distance running uses a lot of oxygen and raises the

heart rate. As a result it burns more calories than an *anaerobic (or non-aerobic) activity such as sprinting or weight-lifting which is short in duration but higher in intensity.

Lifestyle choices related to physical fitness (e.g., interests and hobbies, types of employment) as well as factors such as age, gender, and general health condition produce varying nutritional needs. A common saying is that “we are what we eat.” So ⁽⁵⁾ if we don't make the best nutritional choices, who we are will probably not be who we should be.

(出典 : *Alive and Active*, 2022, 一部改変)

[注] anaerobic 無酸素性の

設問1 下線部 (1) を日本語に訳しなさい。

設問2 下線部 (2) が指している内容を日本語で説明しなさい。

設問3 下線部 (3) を英語に訳しなさい。

設問4 下線部 (4) を英語に訳しなさい。

設問5 下線部 (5) を日本語に訳しなさい。

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II 次の英文を読み、設問に答えなさい。

The results of this year's National Assessment of Academic Ability highlighted the poor English skills of third-year junior high school students.

(1) 特に、スピーキング部門では全体の6割を超える生徒が1問も正答できなかった。

The English examination consists of speaking, listening, reading and writing sections. This year marked the first time in four years that third-year junior high school students were given the exam.

The Education, Culture, Sports, Science and Technology Ministry has been calling for classes that emphasize abilities in English. Actually (2) conducting such classes, however, is not easy.

In mid-July, third-year students were divided into groups of several people to learn English grammar in a quiz format at municipal Haruhino Junior High School in Kawasaki.

Kawasaki achieved some of the best results among *government ordinance-designated major cities on the national achievement test, as did Saitama, in terms of the average percentage of correct answers in English.

The July class at Haruhino Junior High School was held entirely in English. Even when a student gave a wrong answer, assistant language teacher Jose Simo, 41, said, "Nice try!" and encouraged the students to communicate. "It's easier to learn vocabulary and grammar through conversation," said 15-year-old student Tomoka Orihara.

(3) Kawasaki has been promoting linguistic activities in which students use English to communicate their thoughts and feelings from the time they enter junior high school, in accordance with the curriculum guidelines that were introduced in the 2021 academic year.

The results of the latest test also showed that students who give speeches in English or are involved in other linguistic activities in class in their first and second years of junior high tended to have a higher percentage of correct answers. (4) They were also less likely to not answer a question at all.

Nationally, however, (5) the average percentage of correct answers in speaking was quite low, declining by 18.4 percentage points to 12.4% from 30.8% in the previous test. More than 60% of the students failed to answer any of the five questions correctly.

Globalization has heightened the importance of English speaking abilities, and there have been calls to introduce more advanced English education in Japan. Under the current curriculum guidelines, junior high and high schools are required to conduct their English lessons primarily in English.

The questions on the English achievement test were "designed to test students' ability to listen to a conversation based on a real situation and express their opinions," said Nobumitsu Ogane, director of the Curriculum Research Center at the National Institute for Education Policy Research, which developed the questions for the test.

However, it cannot be denied that the questions did not match the students' abilities. Among the five questions, the one that got the lowest percentage of correct answers — just 4.2% — asked students to express their opinions on an environmental issue.

(6) Students were asked to think of answers in just one minute and express their opinions in English within 30 seconds after listening to a presentation by an English-speaking student from overseas who said stores in Japan should stop selling plastic bags since the abundance of plastic bags in the sea was a serious problem. Relevant images also were shown in the test.

Fifty percent of the examinees failed to give answers that meet the criteria for a correct answer. Among the invalid answers were statements like “I’m surprised.”

Twenty percent of the students did not give any answer at all.

A survey found that 35.8% of the students understood what they heard but could not think of what to say.

(出典：“Japan Schools Struggle to Achieve Government’s English Goals,” *The Japan News*, August 1, 2023. 一部改変)

[注] government ordinance-designated 政府から指定された

設問1 下線部 (1) を英語に訳しなさい。

設問2 下線部 (2) の内容を、本文に基づいて日本語で具体的に説明しなさい。

設問3 下線部 (3) を日本語に訳しなさい。

設問4 下線部 (4) のような結果になった理由を、本文に基づいて日本語で説明しなさい。

設問5 下線部 (5) の指している内容を、本文に基づいて日本語で説明しなさい。

設問6 下線部 (6) を日本語に訳しなさい。