

**第1問～第4問**まではマークシートに解答しなさい。[ ]内の数字はマークシートの解答番号を示しています。該当する解答番号の解答記入欄に答えをマークしなさい。

**第1問** 次の問い(問1～5)について、空所[1]～[5]に入れるのに最も適切なものを、それぞれ下の**選択肢**①～④の中から1つ選びなさい。

**問1** She [1] her children up with great care.

- ① grew                      ② brought                      ③ taught                      ④ cared

**問2** You should apologize [2] you didn't mean to offend her.

- ① despite of                      ② whereas                      ③ whatever                      ④ even if

**問3** She was praised [3] her excellent performance.

- ① for                      ② by                      ③ with                      ④ of

**問4** The bouquet of flowers [4] on the table.

- ① are                      ② be                      ③ is                      ④ were

**問5** The teacher asked that John [5] his homework by 5 p.m. tomorrow.

- ① completes                      ② had completed                      ③ completed                      ④ complete

**第2問** 次の問い(問1～5)について、与えられた日本語の内容になるように、それぞれ  
選択肢①～⑤の語句を空所に入れて、最も適切な文を完成させなさい。ただし、空所[6]～  
[15]に入るもののみを答えなさい。

**問1** 毛布がなかったら、彼は凍えていたかもしれない。

If \_\_\_\_\_ [6] \_\_\_\_\_ [7] \_\_\_\_\_ the blanket, he might have frozen.

- ① not            ② it            ③ been            ④ for            ⑤ had

**問2** 彼には流行を追わない傾向がある。

He \_\_\_\_\_ [8] \_\_\_\_\_ [9] \_\_\_\_\_.

- ① trends            ② not            ③ tends            ④ follow            ⑤ to

**問3** 彼が努力すればするほど、事態は難しくなっていった。

The \_\_\_\_\_ [10] \_\_\_\_\_, [11] \_\_\_\_\_ things became.

- ① tried            ② harder            ③ he            ④ the            ⑤ more

**問4** 彼は全力で手すりをつかんだ。

He \_\_\_\_\_ [12] \_\_\_\_\_ [13] \_\_\_\_\_.

- ① with            ② all            ③ the rail            ④ his strength            ⑤ held

**問5** わからない時は遠慮なく聞いてください。

Please \_\_\_\_\_ [14] \_\_\_\_\_ [15] \_\_\_\_\_ you can't follow.

- ① to            ② hesitate            ③ don't            ④ when            ⑤ ask

**第3問** 次の問い(問1～5)について、空所[16]～[20]に入れるのに最も適切なものを、それぞれ下の選択肢①～④の中から1つ選びなさい。

**問1** A: Why did you decline the job offer?

B:           [16]          

A: I see. That makes sense.

B: It just wasn't worth it financially.

- ① The office environment was too comfortable.
- ② I was disappointed in the proposed salary.
- ③ The job location wasn't so attractive.
- ④ I hadn't accepted another offer yet, unfortunately.

**問2** A: How was the workshop you attended last week?

B:           [17]          

A: I heard it was valuable for the other members, too.

B: Yes, I think it will be very useful for our team.

- ① Overall, quite informative.
- ② It wasn't very useful.
- ③ I confused the point of the lessons.
- ④ I thought it was very expensive.

**問3** A: Did you enjoy the play last night?

B:           [18]          

A: That's good it didn't disappoint.

B: I wish you could have come, too.

- ① We all took our new toys.
- ② The acting was superb.
- ③ We went bowling and then to a game center.
- ④ All my friends told me about it.

**問 4** A: How did you manage to complete the project on time?

B:           [19]          

A: That sounds exhausting.

B: It really was, but it had to be done quickly.

- ① My team completed most of the work effectively.
- ② The project wasn't that difficult.
- ③ I worked very occasionally for a short period of time.
- ④ We worked constantly for about a week.

**問 5** A: Did you see the new policy at work?

B: Yes, it looks quite comprehensive, don't you think?

A: Yeah.           [20]          

B: I know. It will surely be helpful in the future.

- ① I was included initially.
- ② I think it's lacking a lot.
- ③ It seems to cover everything well.
- ④ It's a considerable waste of time.

**第4問** 次の英文を読んで、空所 [21]～[30] に入れるのに最も適切なものを、それぞれ後の選択肢 ①～④の中から1つ選びなさい。なお、\*の付いた語には、文末に注があります。

Exercise changes the brain in a way that helps heart health, especially for people with depression. It's common knowledge that exercise is good for your mental health and your heart health—and now a new study suggests that all three are working together. In addition to the physical benefits of exercise, it's also associated with a reduction in stress signals in the brain, [ 21 ] leads to a decreased risk of heart disease, according to the study.

Researchers analyzed data of more than 50,000 adults around age 60 from the Mass General Brigham Biobank, according to the study published Monday in the Journal of the American College of Cardiology\*. The study examined a survey that participants were given about their physical activity, [ 22 ] of their brains to monitor stress-related activity, and digital records of heart events.

“Individuals who exercise more had a graded reduction in stress-related signals in the brain,” said lead study author, Dr. Ahmed Tawakol. “We found nice associations that exercise appeared to, in part, reduce heart disease risks by decreasing stress-related signals,” he added.

Everyone should pay attention [ 23 ] studies come out that show this kind of improvement resulting from a change in lifestyle, said Dr. Andrew Freeman at National Jewish Health in Denver. Freeman was not involved in this study. “These are really cheap and can make a big difference, sometimes even better than a lot of medicines. We absolutely need to have these tools ready to use,” he said.

Tawakol and his team also wanted to know [ 24 ] people with more stress-related signals in the brain would get a greater benefit from exercise, he said. “[ 25 ], we also found a more than doubled increase in benefits of exercise among individuals who are depressed versus individuals who don't have depression or don't have a history of depression,” Tawakol said.

The relationship between amount of exercise and decrease in the level of heart-related risk also varied [ 26 ] whether a person had a history of depression, he added. For people without any history of depression, exercise stopped giving extra heart health benefits after about 300 minutes of moderate physical activity a week. But for those suffering from depression, the benefits [ 27 ] with more time spent, Tawakol said.

These benefits go [ **28** ] the psychological benefits researchers already know exercise provides, he added. “We know depression is an important risk factor for heart disease and it is also one of the most common stress-related [ **29** ],” said study coauthor Dr. Karmel Choi. “Even though some people could be more sensitive to stress and its impact on health, it’s good to know they might gain even more from exercise and its stress-reducing effects. That’s really [ **30** ],” she added in an email.

[出典 <https://edition.cnn.com/2024/04/15/health/exercise-stress-heart-disease-study-wellness/index.html> 改変あり]

(注) Cardiology : 循環器内科学

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### 選択肢

- [21]: ① which                      ② what                      ③ that                      ④ it
- [22]: ① imagination              ② imagining              ③ imaging              ④ imaginary
- [23]: ① however                      ② whenever              ③ whoever              ④ whereas
- [24]: ① if                                  ② so                              ③ where                      ④ since
- [25]: ① In another way              ② In contrast              ③ Eventually              ④ Surprisingly
- [26]: ① depending on              ② regardless of              ③ resulting in              ④ in spite of
- [27]: ① kept back                      ② carried on              ③ restrained from              ④ put up
- [28]: ① instead                          ② indeed                      ③ besides                      ④ beyond
- [29]: ① symbols                          ② behaviors              ③ conditions              ④ expressions
- [30]: ① embarrassing              ② encouraging              ③ enduring                      ④ emerging

**第5問** 次の英文を読み、以下の問い(問1～6)に対して記述用解答用紙に解答しなさい。  
なお、\*の付いた語には、文末に注があります。

Farrell Patrick, a retired Army colonel, taught computer science from the 1970s until the 1990s, so he's not surprised by the progress technology has made over the decades. But when the 91-year-old got his first virtual reality (VR) experience recently, he was shocked.

Sitting in a conference room at John Knox Village, a retirement community, Patrick sat up straight as his eyes and ears experienced what it is 《 A 》. "Oh, my God, that's beautiful," he exclaimed before the VR program made the jet land on an aircraft carrier.

John Knox Village was one of 17 senior communities around the country that participated in a recently published Stanford University study that found that large majorities of 245 participants between 65 and 103 years old enjoyed VR, 【 あ 】 both their emotions and their interactions with staff.

The study is part of (ア) ( ) (●) ( ) (●) ( ) (●) dementia\* on some of them.

During the testing, seniors 【 い 】 from seven-minute virtual experiences such as parachuting, riding in a tank, watching stage performance, playing with puppies and kittens, or visiting places like Paris or Egypt. The participants wore headsets that gave them 360-degree views and sounds, making it feel 《 B 》.

"It brought back memories of my travels and ... brought back memories of my experience growing up on a farm," Terry Colli, a former public relations director, said of his 2022 experience. Colli, 76, liked spinning in a chair to get a full view. "That was kind of amazing."

Anne Selby, a 79-year-old retired counselor, thought it made every part of her brain and senses active. "I particularly enjoyed the ones about pets because I have a cat and I've had pets most of my life," she said.

Stanford University study conducted with a company found that almost 80% of seniors reported having a more positive attitude after their VR session and almost 60% said they felt less isolated socially. (イ) **Older people with poor sight and hearing enjoyed it less.** Those who dislike VR also didn't like technology in general.

In addition, almost 75% of caregivers said residents' moods improved after using VR. More than 80% of residents and almost 95% caregivers said talking about their VR experience boosted their relationships with each other.

(ウ) **回答者の大半はバーチャル・リアリティを使うのは初めてだった。** They enjoyed it and they were likely to recommend it to others. They looked forward to doing it again," said Ryan Moore, a Stanford doctoral candidate who helped 【 う 】 the research.

"We are proving VR to be a tool that really does help with the good living of our elders," said Chris Brickler, the company's CEO and co-founder. The company 【 え 】 VR for seniors. "It is far different than a regular television or an iPad."

Separate from the study, John Knox Village uses VR in its unit that houses seniors who have Alzheimer's disease\* and other dementia. It helps them remember things and talk to caregivers.

“It is 《            **C**            》 when they tell their story,” said Hana Salem, the facility’s coordinator. She added that others who don’t talk much become more interested when they experience VR that takes them into nature.

[出典 <https://www.voanews.com/a/study-finds-seniors-enjoy-virtual-reality-/7499341.html> 改変あり]

(注) dementia : 認知症      Alzheimer’s disease : アルツハイマー病

**問 1** 空所《A》～《C》に入れるのに最も適切なものを、それぞれ下の**選択肢 (1)～(4)**の中から1つ選び、**番号**で答えなさい。ただし、同じものを複数回用いないこと。

- (1) like they were in the real situation
- (2) like they come back to life all over again
- (3) like to be in a Navy jet flying near the Florida coast
- (4) like to fly in a flying suit, going over battle areas

**問 2** 空所【あ】～【え】に入れるのに最も適切なものを、それぞれ下の**語群**の中から1つ選び、**必要であれば適切な形に変えて**答えなさい。ただし、同じものを複数回用いないこと。

choose      offer      improve      lead

**問 3** 下線部(ア)の空所に下記の語句を並べかえ入れ最も適切な文にすると、**2番目**、**4番目**、**6番目**にくるものを、それぞれ下の**選択肢 (a)～(f)**の中から選び、**記号**で答えなさい。ただし、同じものを複数回用いないこと。

The study is part of (ア)            (●)            (●)            (●) dementia on some of them.

- |                    |                     |                     |
|--------------------|---------------------|---------------------|
| (a) and emotions   | (b) a bigger effort | (c) seniors’ health |
| (d) the effects of | (e) to enhance      | (f) and to reduce   |

**問 4** 下線部(イ)を **it** の具体的な内容がわかるように、**日本語**にしなさい。

**問 5** 下線部(ウ)を**英語**にしなさい。

**問 6** 本文の内容と**合わないもの**を、下の**選択肢 (1)～(5)**の中から**2つ**を選び、**番号**で答えなさい。

- (1) 91歳の元大佐は長くコンピュータ・サイエンスを教えていたため、バーチャル・リアリティ体験には驚かなかった。
- (2) 79歳の元カウンセラーは、バーチャル・リアリティは脳と感覚のあらゆる部分を活性化させるものだと感じた。
- (3) 研究によれば、バーチャル・リアリティ体験後、高齢者の半数近くが社会的孤立をより強く感じていることが分かった。
- (4) バーチャル・リアリティ体験について話すことで、入居者・介護者の互いの関係が深まった。
- (5) 自然を感じられるバーチャル・リアリティ体験により、普段余り話さない高齢者も興味を示すようになる。