

英 語

200 点

16時15分～17時45分(90分)

注 意 事 項

1. 解答開始の合図があるまで、この問題冊子の中を見てはいけません。
2. 問題は、**1** から **3** までの計 3 問です。**1** から **3** までのすべてを解答しなさい。
3. 解答用紙は、1 枚です。解答は、すべて解答用紙の指定欄に記入しなさい。
4. 解答開始の合図があった後に、必ず解答用紙に本学の受験番号を記入しなさい。
5. 印刷不鮮明及びページの落丁・乱丁等に気づいた場合には、手を挙げて監督者に知らせなさい。
6. 問題冊子の余白等は適宜利用してよい。
7. 試験終了後、問題冊子は持ち帰りなさい。

1

著作権処理の関係上、本文は掲載できません。(P1~3)
出典情報のみ掲載します。

出典等： ('An Interview with Sleep Expert Dr. Els van der Helm' (*Rituals* の記事)および 'Interview with Sleep Doctor, Michael Breus' (*Health and Fitness Travel* の記事)を参考にした)

(設問)

1. Based on what is written in paragraph (1), explain why sleep is important in one or two sentences.

2. According to paragraph (2), which of the following is NOT a result from lack of sleep?
 - ① Being slow to make decisions
 - ② Getting sick more easily
 - ③ Gaining weight
 - ④ Increase in feeling uneasy

3. According to paragraph (4), what kinds of problems do people with insomnia have? Complete the sentence below.

People with insomnia _____.

4. In paragraph (4) and paragraph (5), Dr. Phil and Dr. Maggie discuss ways to help fall asleep. What is the difference in their advice? Fill in each blank with one word.

Dr. Phil introduces the ‘power down hour’ to discuss what people should do at (a) to sleep better while Dr. Maggie discusses what people can do during the (b) to sleep better.

5. Based on paragraph (6), complete the summary of what Dr. Phil says about exercise. Write one word in each blank.

People who get (c) from exercise can work out in the evening, but those who get (d) from exercise should not.

6. In paragraph (8), what is NOT discussed as being part of a good sleeping environment?

- ① Air from outside
- ② Appropriate room temperature
- ③ Relaxing sounds
- ④ Soft bedding

7. In line (A), Dr. Phil tells Michael, “I really think you should change your lifestyle.” In your own words, describe Michael’s lifestyle in one or two sentences.

8. Based on the whole passage, write how you can plan your day to sleep better. Add three sentences into the paragraph below. Write your answer in the answer sheet.

Here are some ways that I can plan my day to sleep better. _____

2

著作権処理の関係上、本文は掲載できません。(P6~8)
出典情報のみ掲載します。
出典等：

(Piero Ferrucci 著 *The Power of Kindness* 一部改変)

〔設問〕

3

次の英文を読んで、以下の設問に答えなさい。

Most of you may have your hero or heroine in your favorite sports who has superior ability and wins many competitions. If you also play the same sports, you probably want to play like them and want to be like them. As a result, you play every match in order to win, and if you lose, you might become frustrated and full of tears. Of course you prefer winning to losing, don't you?

Unfortunately, losing is inevitable. Let's suppose you have entered a tennis tournament. Every match has its winner and loser, so you might think that half of the competitors will win. Maybe so, but how many of them will win the next match in the tournament? How many will be there in the semi-final, how about the final match? In the end, all of us are losers except one — the champion. And even the champion has lost many times before. So if you truly want to enjoy sports as a lifelong pleasure, you also have to learn a certain important lesson from defeat: 'the art of losing games'.

The word 'losing' might literally give us a sense of failure, and you might feel deeply disappointed by defeat, but the reality of losing is the opposite. By losing, you can realize how to improve yourself both technically and mentally, and set a new goal for yourself. You will also start to respect the winner who has played better than you. The winner, in turn, will respect you since your dedication and impressive play made his/her victory all the more glorious. This sense of respect is, in my view, essential in sports.

In newspapers, competition in sports is often called a "battle between two teams," but we should remember that sports and fighting are not the same. While in sports both winners and losers play with honor, and thus pay respect to one another after a match, a battle or fight only aims at defeating an enemy. And defeat in a fight is filled only with disgrace and an undeniable sense of 'loss'. We have to keep this difference in mind, otherwise we might still witness such perplexing scenes like ill-mannered champions who, acting

like conquerors, puts their feet on the trophy, or losers who cry and apologize when they fail to get the gold medal for their country.

〔設問〕

1. According to the author, why do some people prefer to win? Answer in English.
2. According to the author, why is losing inevitable? Answer in English.
3. According to the author, how does the loser benefit from losing? Answer in English.
4. According to the author, why shouldn't sports be called a battle?