

【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)

Cramming your exercise into the weekend not only brings physical benefits on a par with regular workouts, but is just as good for your brain, a study suggests. Research has previously revealed that physical exercise is associated with better brain health and lower risk of dementia in older age. Now a study of more than 10,000 people has found that both people who exercised just once or twice a week and those who undertook more regular physical activity showed reductions in the risk of mild dementia compared with inactive individuals.

The “weekend exercise” pattern of physical activity has become a popular topic of research. Among other work, a study led by Massachusetts General Hospital in Boston found those who fit a week’s worth of exercise into one or two days have a lower risk of developing more than 200 diseases compared with inactive people, with regular exercisers experiencing similar benefits.

Research suggests less regular exercise could also bring benefits for the brain. “This is the first long term study that shows that the weekend physical activity pattern is also good for mental health,” Dr Gary O’Donovan said. Writing in the British Journal of Sports Medicine, O’Donovan and colleagues report how they analyzed data from Mexico City, research in which individuals aged 35 and older were surveyed for the first time between 1998 and 2004, and for a second time between 2015 and 2019. The results from the first survey revealed that 79.2% reported doing no sport or exercise, 7.2% were “weekend exercisers” who reported exercising once or twice a week, and 13.6% exercised more regularly.

In a second survey, participants were screened for cognitive impairment and dementia. The results reveal 26% of those who reported no sport or exercise in the first survey met the criteria for mild dementia compared with 14% of weekend exercisers and 18.5% of the regularly active group.

( a ), taking into account factors such as age, sex, education, income, smoking, and body mass index, the weekend exerciser group had a 25% lower risk of mild dementia compared with the inactive group, while the regularly active group had an 11% lower risk. The team estimated 13% of mild dementia cases would be eliminated if all middle-aged adults were to take part in sport or exercise at least once or twice a week.

“This study adds to the growing body of evidence that concentrated physical activity is associated with beneficial health outcomes, and in this case, adds cognitive impairment to the list,” Dr O’Donovan said. “This is our latest weekend exercise study, and it’s now becoming increasingly clear that the benefits of exercising once or twice a week are much the same as exercising more often,” he continued.

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

(語注)

cramming 詰め込むこと    dementia 認知症    cognitive impairment 認知機能障害    screen 調べる  
meet the criteria 基準を満たす

(B)

A: Hi! It’s great to see you again. Why do you have such a big bag? ( b )

B: Hi! Oh, this bag? I’m just off to volleyball practice.

A: I didn’t know you played. When did you start?

B: Back in school. I still play with my old classmates.

A: That’s great. ( c )

B: We started playing together about three years ago.

A: I’m really envious. I wish I had something like that to look forward to.

B: This looks like my stop. See you again soon!

A: You, too. Good luck!

令和7年度 看護学科 コミュニケーション英語 I 試験問題 (4-2)

(1) What is the best headline for the first article?

1. Dementia Is Unrelated to Exercise
2. Minor Brain Damage Is Caused by Too Much Exercise
3. Weekend Exercise Can Have the Same Brain Benefits as Regular Workouts
4. Dementia Is Found to Be More Important in Mexico City

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

1. In spite of this    2. In contrast    3. Nevertheless    4. Moreover

(3) How many people who took part in the study exercise regularly?

1. About 20%
2. Just under 80%
3. Around 7%
4. Nearly 13%

(4) From the information in the passage, which of the following is likely to result in better cognitive health in later life?

1. Exercising at least once or twice a week.
2. Exercising only when time permits.
3. Exercising for fun rather than every day.
4. Exercising for thirty minutes a day every day.

(5) Who does 'they' (line 14) in refer to?

1. the research team
2. the journal editors
3. the people taking part in the study
4. "weekend exercisers"

(6) Which of the following could best replace "income" (line 22)?

1. arrivals
2. earnings
3. work
4. disease

(7) Which word can best replace 'beneficial' (line 28) in the article?

1. traditional
2. helpful
3. physical
4. regular

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

1. How have you been?
2. What happened yesterday?
3. Where are you going?
4. How do you do?

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

1. How come you started that?
2. How often do you play?
3. How long have you been playing?
4. How hard is it?

(10) Where might this conversation likely take place?

1. In a gym.
2. In a locker room.
3. At a bus stop.
4. On a bus.

令和7年度 看護学科 コミュニケーション英語 I 試験問題 (4-3)

【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) It feels like there have been more natural ( ) lately, such as earthquakes and floods.  
1. behaviors      2. events      3. accidents      4. disasters
- (2) My child had severe stomach pain and cried all night, so I came to request a medical ( ).  
1. judgement      2. opinion      3. consultation      4. advice
- (3) The politician said that the development of our country's ( ) results in the happiness of the people.  
1. economics      2. economy      3. money      4. finance
- (4) I was really confused to see the scenes of the movie change from sad to happy, hateful to loving ( ).  
1. by turns      2. in repetition      3. in line      4. by succession
- (5) "Congratulations on your discharge from the hospital today. Please take extra care of your health."  
— "Thank you. I can't tell you how much I ( ) your kindness."  
1. applause      2. consider      3. remember      4. appreciate
- (6) The school rules here are too strict, and some of them are outdated. The leader of the student council plans to negotiate with the school to ( ) some of them.  
1. abolish      2. release      3. prohibit      4. mark
- (7) Having run five laps around the field, we were thirsty and ( ). We need to take a break in the club room for a while.  
1. dirty      2. pity      3. sweaty      4. drowsy
- (8) "I have been living alone in Saga since April of this year, but my mother never ( ) to give me a call every day.  
1. misses      2. refuses      3. agrees      4. fails
- (9) I've only just started working, so I can't ( ) to buy a new car yet. I'll do it after I've saved up some money.  
1. think      2. afford      3. permit      4. reserve
- (10) Did any visitors come by in my ( )? If someone did, I'm planning to call them right away.  
1. absence      2. existence      3. innocence      4. attendance

【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) "She must ( ) sick yesterday. She was really pale." — "She called me earlier and said she has a fever, so she asked to take a few days off from work."  
1. be      2. being      3. was      4. have been
- (2) Today's game was really ( ). We both cheered so hard that we lost our voices. Let's go watch it again next time!  
1. excited      2. exciting      3. to be excited      4. excite
- (3) The Japan Meteorological Agency has started ( ) early warnings for the risk of long, narrow areas of heavy rain.  
1. to issue      2. to be issued      3. issued      4. issuing
- (4) According to UNESCO, there are many children around the world who are losing their lives early due to hunger ( ) by poverty.  
1. to cause      2. cause      3. caused      4. causing
- (5) Today I visited my grandma in the hospital. She looked very well. It will be a long time before she ( ) back home.  
1. comes      2. will come      3. came      4. is coming

令和7年度 看護学科 コミュニケーション英語Ⅰ 試験問題 (4-4)

(6) I'll take this plan back to our company and discuss it with my manager. I'll get in touch with you as soon as I ( ).

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

(7) I went to her piano recital, and I was impressed because she played much better than she ( ).

1. could                      2. might                      3. would                      4. used to

(8) Nowadays, when a baby is born, both mothers and fathers can take parental leave. In other words, they ( ) to take time off for childcare.

1. are allowing              2. allow                      3. have allowed              4. are allowed

(9) At the hotel, since I had just arrived and was tired, and I had a lot of luggage, I let the porter ( ) it to my room.

1. carry                      2. to carry                      3. carried                      4. carrying

(10) From the big wheel at the amusement park, the people walking below looked like tiny dolls, and it felt as if I ( ) in a fairy tale land.

1. had been                      2. were                      3. am                      4. have been

【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've just turned 18 years old. In Japan, the voting age is 18, and that's ( ) I plan to vote responsibly in the upcoming national election.

1. why                      2. how                      3. which                      4. when

(2) The student ( ) leg was injured in the gymnastics club was very disappointed. He probably won't be able to participate in competitions for a while.

1. who                      2. which                      3. whose                      4. whom

(3) It is often said that many failures lead ( ) success, but on the other hand, I often feel sad because I don't do well many times.

1. after                      2. to                      3. by                      4. with

(4) The heavy rain prevented me ( ) driving to the office. Such conditions have been increasing lately.

1. for                      2. on                      3. by                      4. from

(5) I've been experiencing some forgetfulness ( ) aging. I wasn't like this when I was younger.

1. in order to                      2. owing to                      3. by means of                      4. despite of

(6) A patient asked the doctor, "I've been busy recently and haven't been able to come. ( ) should I come for a check-up each month?"

1. How often                      2. How much                      3. How far                      4. How many times

(7) ( ) became of that patient who was rushed in as an emergency? He was unconscious. I hope it's nothing serious.

1. How                      2. Which                      3. What                      4. Why

(8) We've been studying English for six years, but we ( ) have opportunities to speak with foreigners, so we don't improve our conversation skills.

1. rarely                      2. necessarily                      3. mostly                      4. always

(9) There are a small ( ) of people living in the village. This is called a 'disappearing village,' and such villages have been increasing in Japan in recent times.

1. amount                      2. member                      3. number                      4. quantity

(10) "Star Wars" was an amazing movie. I had never seen anything so interesting before. What I mean to say is, it's ( ) movie of my life.

1. a memorable                      2. more memorable  
3. the most memorable                      4. as memorable as