

1

次の各組の単語について、下線部の発音が他と異なるものをそれぞれ1つずつ選び、番号で答えなさい。

1.

(1) coast      (2) cost  
(3) most      (4) toe

2

(1) cookie      (2) food  
(3) shoot      (4) loop

3

(1) tulips      (2) roofs  
(3) news      (4) thesis

4

(1) earth      (2) nearly  
(3) pearl      (4) search

5

(1) except      (2) exact  
(3) exist      (4) executive

6

(1) smooth      (2) path  
(3) method      (4) strength

2

2 次の各組の単語について、第1アクセントの位置が他と異なるものをそれぞれ1つ選びなさい。5については見出し語と同じアクセントの位置のものを選びなさい。

1.

(1) dec-o-ra-tion	(2) e-co-nom-ics
(3) pol-i-ti-cian	(4) re-mov-a-ble

2

3

(1) ad-van-tage	(2) av-er-age
(3) en-cour-age	(4) per-cent-age

4

(1) dis- <u>pos-a-ble</u>	(2) in- <u>gre-di-ent</u>
(3) <u>veg-e-ta-ble</u>	(4) va- <u>ri-e-ty</u>

5 第1アクセントの位置が見出し語と同じものを1つ選びなさい。

pho-tog-ra-pher

(1) prop-a-gan-da	(2) tel-e-vi-sion
(3) ex-pla-na-tion	(4) ex-pe-ri-ence

3

次の会話がどこで交わされているのかを理解し、空欄に入る最も適当なものを選びなさい。

1.

A: Excuse me, where is the check-in counter for JL123?

B: It's over there, next to the information desk. Do you have your passport and ticket ready?

A: Yes, I do. Thank you!

B: You're welcome. Have a great **flight**!

- (1) dream
- (2) success
- (3) moment
- (4) flight

2

A: Excuse me, could I see the **menu**, please?

B: Certainly! Here you go. Would you like to start with something to drink?

A: Yes, I'll have a glass of water, please.

B: Sure, I'll bring that right away. Let me know if you need any recommendations.

- (1) recipe
- (2) contract
- (3) menu
- (4) catalog

3

A: Excuse me, do you have this shirt in a size medium?

B: Let me check for you. Yes, we do. Would you like to try it on?

A: Yes, please. Where are the **fitting rooms**?

B: They're just over there, on the left side of the store.

- (1) rest rooms
- (2) elevators
- (3) lounges
- (4) fitting rooms

4

A: Excuse me, do I need to take off my shoes here?

B: Yes, you should **leave** your shoes in the locker. Don't forget to take a towel with you.

A: Thank you! Where can I find the towels?

B: You can find them at the entrance. Enjoy your bath!

- (1) display
- (2) store
- (3) hide

(4) leave

5

A: Hey, are you a Yankees fan?

B: Yes, I am. Exciting game, isn't it?

A: Absolutely! Who's your **favorite** player on the team?

B: Definitely Aaron Judge. How about you?

A: Oh, I love Ohtani.

(1) biggest

(2) coolest

(3) famous

(4) favorite

6

A: Excuse me, where is Room 305 for the English exam?

B: It's on the third floor, just down the hall to your left. Do you have your ID and admission ticket?

A: Yes, I have them right here. Thank you!

B: Great! Good **luck** with your exam.

(1) egg

(2) grief

(3) heavens

(4) luck

7

A: Welcome to our cooking class! Today, we'll make spaghetti carbonara. Do you have your ingredients ready?

B: Yes, what's the first step?

A: ( )? It might get a bit smelly, but it's essential for the flavor.

B: Sure! I have two cloves here. How finely should I chop it?

(1) Could you please chop the tomatoes

(2) Could you please slice the buns

(3) **Could you please chop the garlic**

(4) Could you please slice the firewood

**4** 次の空欄に入る最も適切な表現をそれぞれ1つ選び、番号で答えなさい。

1.

Ms. Mori is on a maternity (      ). She will not be back until April.

- (1) off
- (2) rest
- (3) pause
- (4) leave**

2

We usually let the children (      ) up late on Saturdays.

- (1) stay**
- (2) to stay
- (3) staying
- (4) stayed

**3★**

I (      ) tennis only a few months ago.

- (1) took up 始める**
- (2) set aside
- (3) fought off
- (4) carried out

4

Statistics (      ) that “illegal side job” has been increasing all over Japan.

- (1) shows
- (2) seem
- (3) show**
- (4) appear

5

The young girl sitting (      ) David was his daughter.

- (1) opposed
- (2) opposition
- (3) opposite**
- (4) opponent

6

The restaurant lost its good (      ) after kid’s prank posts on social media.

- (1) reputation**
- (2) anticipation
- (3) examination
- (4) observation

5

次の文章を読み、以下の設問に答えなさい。

If you are trying to lose weight, climbing stairs as a regular exercise might be for you. Stairs are available in many places. And research shows stair-climbing is more effective than walking on level ground.

“Overall, it is a fact that stair-climbing gets you fit **faster** and consumes more calories,” said Lauri van Houten, vice president of the International Skyrunning Federation. “How many calories will I burn is the question everyone wants to know,” van Houten said. “Here’s the good news: The overall energy expenditure of the exercise depends on your weight. **Therefore**, the more you weigh, the more you burn,” she said.

Research shows you burn about 20 times more calories going up stairs than walking on flat ground. Even going down stairs, you burn around **five times** more because your muscles have to work to slow the body.

Dr. Alberto Minetti of Italy’s University of Milan has done a large amount of research on human movement — including stair-climbing. It is an exercise everyone can do and does not cost money, he said. “To move 1. kilogram of body mass over one horizontal meter, you expend 0.5 calories,” he said. But, he added, “If you move 1. kilogram of body mass vertically on stairs it’s 10 calories. So it’s 20 times the calories moving vertically rather than horizontally.”

Trained as a doctor, Minetti has spent his career as a researcher. He **suggested** that older people and beginner stair climbers **watch** their speed. Minetti does his own stair-climbing at his home in Milan. He said he often takes a few deep breaths before going up the many stairs. In a scientific study, Minetti makes the point that using your arms in stair-climbing adds extra power. Handrails offer safety, too.

The study notes that handrails are available along most stairs in very tall buildings. Using them increases “the muscle mass involved...” by getting the arms involved, the study shows. Stair-climbing does not take much time. It is easy to build up your body, and it can also help improve balance<sub>5</sub>.

In 2023, Yuri Yoshizumi won women’s division of the Stairclimbing World Championships in her native Osaka, Japan. She completed the 285-meter climb — 1,610 stairs — in 10 minutes, 20.06 seconds.

“Stair-climbing is an easy sport for beginners and the general public to get into,” Yoshizumi told the Associated Press in an email. She said the exercise helps to “strengthen your muscles and your cardiovascular system in a short amount of time.”

Yoshizumi noted that cities usually have many public stairways for people to climb.

“Just using the stairs instead of the escalators at (subway) stations and department stores is a good way to get some exercise,” she said.

stair-climbing 階段昇降運動

cardiovascular system 心血管系

1. 下線部1 "fit" の意味として、文脈上最も近い意味は次のうちどれか。

- (1) 適当である
- (2) ぴったりである
- (3) **健康である**
- (4) 発作を起こす

2 空欄2には「slow」の反意語を入れたい。前後関係に注意してその単語を答えよ。

( **faster** )

3 空欄3に入れるべき最も適当な語を下から選びなさい。

- (1) However
- (2) Another
- (3) **Therefore**
- (4) If

4 According to research, how many times more calories do you burn going up stairs compared to walking on flat ground? Choose the most appropriate words from the options (1) to (4) and write the corresponding number.

- (1) five times
- (2) 10 times
- (3) **twenty times**
- (4) 0.5 times

5 空欄4に入れるべき最も適当な助動詞を下から選びなさい。

- (1) will
- (2) can
- (3) **should**
- (4) may

6 Yuri Yoshizumi さんが読者に提案している運動方法を簡潔に(どこで何をするか)30字以内にまとめなさい。  
"Just using the stairs instead of the escalators at (subway) stations and department stores is a good way to get some exercise," she said. より

駅やデパートでエスカレーターの代わりに階段を使うこと。(27字)

7 下線部5を和訳しなさい。

階段昇降運動はあまり時間がかかるない。簡単に体を鍛えることができ、バランスを改善するのにも役立つ。