

III 次の英文を読み、下記の設問に答えよ。

You have heard it for years: to lose weight, go to the gym. But while physical activity is crucial for good health, it doesn't always melt off the weight—in fact, it can add some. Here is why.

One of the most widely ⁽¹⁾accepted, commonly repeated ⁽²⁾assumptions in our culture is that if you exercise, you will lose weight. I exercise all the time obsessively, but my weight remains the same 74 kg it has been most of my adult life. I still have stomach fat that hangs over my belt when I sit. Why isn't all the exercise wiping it out?

The basic problem is that while it is true that exercise burns calories and that you must burn calories to lose weight, exercise has another effect: it ^(A)can stimulate hunger. That causes us to eat more, which in turn can negate the weight loss benefits we just acquired. Exercise, in other words, does not necessarily help us lose weight. ^(B)It may be even making it harder.

People who regularly exercise are at significantly lower risk for all manners of diseases—those of the heart in particular. They less often develop cancer, diabetes and many other illnesses. In addition, exercise improves your mental health and cognitive ability. A study found that older people who exercise at least once a week are 30% more likely to maintain cognitive function than those who exercise less. But the past few years of obesity research show that the role of exercise in weight loss has been widely overstated.

After we exercise, we often yearn for sugary calories like those in muffins or in sports drinks. A standard bottle of sports drink ⁽³⁾contains 130 calories. If you are hot and thirsty after a 20-minute run in summer heat, it is easy to drink that bottle in 20 seconds, in which case the calorie output and the calorie intake are probably the same. From a weight loss ⁽⁴⁾perspective, you would have been better off sitting on the sofa knitting.

Ultimately, the problem is about not exercise itself but the way we have come to define it. Many obesity researchers now believe that very frequent, low-level physical activity—the kind humans did for tens of thousands of years before the leaf blower was invented—may actually work better for us than the occasional bouts of exercise you get as a gym member.

In short, it is what you eat, not how hard to try to work it off, that matters more in losing weight. You should exercise to improve your health, but be warned: intense spurts of vigorous exercise could lead to weight gain.

(Adapted from *Time*, August 17, 2009)

注 diabetes 糖尿病 cognitive 認知的 obesity 肥満

設問 1. 次の 1.～5.について、本文の内容に合うものはマーク解答用紙の T の欄に、合わないものはマーク解答用紙の F の欄にマークせよ。

1. Pushing people to more physical exercise actually contributes to our obesity problem.
2. Physical exercise is good for lowering the risk of many illnesses.
3. Physical exercise may strengthen various aspects of cognitive functioning.
4. If you are more physically active, you might get hungry and drink and eat more.
5. Regular activity during our waking hours does not benefit our health much.

設問 2. 下線部 (1)～(4)の意味にもっとも近いものを (a)～(d) からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

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|-----|--------------|------------------|----------------|--------------------|
| (1) | (a) add | (b) reduce | (c) regain | (d) weaken |
| (2) | (a) beliefs | (b) calculations | (c) conditions | (d) contradictions |
| (3) | (a) burn | (b) desire | (c) dislike | (d) spend |
| (4) | (a) business | (b) opinion | (c) prospect | (d) viewpoint |



設問 3. 下線部(A)の can と同じ用法を(a)～(d)から一つ選び、マーク解答用紙の所定欄にマークせよ。

- (a) I can take the car if necessary.
- (b) In Japan people can vote when they are twenty.
- (c) It can be quite cold here in winter.
- (d) You can wear jeans at work.

設問 4. 下線部(B)を日本語に直し、記述解答用紙の所定欄に書け。

IV 次の英文を読み、下記の設問に答えよ。

At the main international airport for Mexico City, the first thing to notice is that the path from the baggage claim is lined with smiling employees guiding passengers to their taxis or connecting flights. The second is that they are all in wheelchairs. Since the opening of a new terminal in November 2007, the airport has (A) some 60 disabled, bilingual workers to serve as Mexico's face to the world. Their presence delights both passengers, who frequently offer congratulations and ask to take their picture, and their superiors. "They're professional, attentive, always in a good mood, and never miss work," says Hector Velazquez, the airport's director.

Mr Velazquez says he first thought of seeking out disabled staff after being impressed by the performance of Jazmin Martinez, a young labour lawyer suffering from severe arthritis. He instructed an airport firm to take on 20 graduates of a physical and psychological training programme for the handicapped, and then tripled the number upon seeing the results. The workers say they are (B) by the public exposure—and by their respectable \$550 a month salaries. "If you don't have a job, you sit at home all day thinking about what hurts," says Ms Martinez. "Now, we're independent, and people can see that our physical condition doesn't matter. They don't look at you as some strange creature any more."

Another winner is the Mexican government, now at the head of the disabled-rights movement in the developing world. In 2005 it established a council to co-ordinate its efforts across state agencies. Since then, the government has (C) a number of initiatives, including installing wheelchair ramps in 26,000 schools, and providing subsidised loans for housing for the disabled. According to the council, the proportion of government buildings accessible to the handicapped will increase from 40% to 90% by 2012, and all hospitals will include sign-language interpreters by the same date.

Unhappily, the example 【 airport / by / is / rare / set / the 】. Employment among the disabled, who represent nearly 10% of Mexico's population, is less than half that of the rest of society, and in the public sector just 0.4% of workers are disabled, according to the National Council for People with Disabilities. Perhaps the most promising avenue for progress is the example of the airport employees: Jesus Briones, one of Terminal 2's wheelchair workers, says businessmen passing through (D) ask him about hiring his counterparts.

(Adapted from *The Economist*, July 18, 2009)

注 arthritis 関節炎

設問 1. 空所(A)～(D)を埋めるのにもっとも適当な語を(1)～(4)からそれぞれ一つ選び、マーク解答用紙の所定欄にマークせよ。

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|-----|-----------------|--------------|-----------------|---------------|
| (A) | (1) handled | (2) hired | (3) rented | (4) staffed |
| (B) | (1) embarrassed | (2) shocked | (3) thrilled | (4) warned |
| (C) | (1) imitated | (2) launched | (3) modified | (4) shelved |
| (D) | (1) confidently | (2) politely | (3) practically | (4) routinely |