

2026 年度 B 日程

英 語

(試験時間 60 分)

注 意 事 項

1. 試験開始の合図があるまで、この冊子の中を見てはいけません。
2. この問題冊子は、14 ページあります。
試験中に問題冊子の印刷不明瞭，ページの落丁・乱丁および解答用紙の汚れ等に気づいた場合は、手を挙げて監督者に知らせなさい。
3. 試験終了後，問題冊子は持ち帰りなさい。

[I] 次の 1 ～ 10 の各文の下線部を補うのに最も適当なものを、(A)～(D)のうちから一つずつ選びなさい。

1. By the time we arrived at the airport to meet our friend, her plane _____ landed.

- (A) already
- (B) has already
- (C) had already
- (D) was already

2. My sister is a very talented violinist; she has been playing _____ she was very young.

- (A) since
- (B) for
- (C) until
- (D) at

3. He has very _____ friends at school, so sometimes he feels very lonely.

- (A) little
- (B) few
- (C) many
- (D) several

4. The longer you ignore it, the _____ the problem will become.

- (A) bad
- (B) badder
- (C) worse
- (D) worst

5. It was a long journey, so we stopped _____ a meal on the way.
- (A) to have
 - (B) having
 - (C) for have
 - (D) to having
6. _____ working very hard, she didn't pass the test.
- (A) Although
 - (B) Despite
 - (C) Because of
 - (D) However
7. You _____ pay for a ticket because they are free for students.
- (A) could
 - (B) don't have to
 - (C) can't
 - (D) should
8. My computer, _____ was very expensive, broke after just a few months.
- (A) what
 - (B) it
 - (C) that's
 - (D) which

9. There isn't _____ ink left in the printer; it will run out soon.

- (A) many
- (B) some
- (C) little
- (D) much

10. He usually _____ a shower before going to bed.

- (A) does
- (B) gets
- (C) makes
- (D) takes

[II] 次の対話の下線部 1 ～ 8 を補うのに最も適当なものを、(A)～(D)のうちから一つずつ選びなさい。

Yuki: Good afternoon, Professor Carter. I hope I'm not interrupting anything. I was hoping I could ask you a few questions about the essay assignment, which is _____ (1) _____ next week. I've started writing it, but I'm not confident about how I'm organizing my ideas, and I'm not sure if I'm going in the right direction.

Professor Carter: Not a problem at all, Yuki. I'm glad you came to talk to me. Let's see if we can clarify some things. When you say you're unsure about the structure of your essay, do you mean how to organize your paragraphs or how to write a strong _____ (2) _____ at the end of your essay?

Yuki: Both, actually. I know how I want to respond to the question, but when I start writing, I feel like I end up _____ (3) _____ the same phrases that are in the assignment instructions. It doesn't feel original, and I'm worried it sounds too simple and boring to the reader.

Professor Carter: That's a really common problem. A good tip is to avoid starting with the exact wording of the question. Instead, try giving a bit of background or a broader idea that _____ (4) _____ into your main idea and thesis statement. That way, it is easier for the reader to get into your main argument without sounding repetitive.

Yuki: Oh, I see, that makes sense. So, I could start by introducing a general issue related to the topic, and then focus more on expressing my point of view. That would give more detail to my writing, and then I could provide some _____ (5) _____ so

that my points become precise, clear, and understandable, right?

Professor Carter: That's right. You want to show the reader why the topic is important, and then clearly state your position. Also, remember that it's fine to include your perspective, but try to back it up with strong _____ (6) that support your claims. These provide real evidence that supports your statements, making them more persuasive and believable to your audience.

Yuki: Actually, I was wondering about that, too. I have a personal experience that relates to the topic, and I thought about including it. But I wasn't sure if that would be considered _____ (7) for an academic paper.

Professor Carter: If it supports your argument and you explain why it's important, it can definitely work. Just be sure that the style and tone of your writing are academic and the example is _____ (8). Personal examples can be powerful if they're written well and are convincing. I hope this helps you, Yuki. Good luck, and if you have any more questions, please let me know.

Yuki: Thank you very much for your help and support, Professor. See you!

1.

- (A) do
- (B) due
- (C) doing
- (D) done

2.

- (A) introduction
- (B) overview
- (C) structure
- (D) conclusion

3.

- (A) repeating
- (B) replying
- (C) replacing
- (D) reporting

4.

- (A) lets
- (B) leaves
- (C) leads
- (D) lifts

5.

- (A) context
- (B) contest
- (C) contract
- (D) contact

6.

- (A) exercises
- (B) essays
- (C) examples
- (D) expenses

7.

- (A) apparent
- (B) apart
- (C) approval
- (D) appropriate

8.

- (A) useful
- (B) usual
- (C) usage
- (D) useless

[III] 次の文章を読んで、後の 1 ～ 7 に答えなさい。＊の付いた語（句）には、本文の後に注があります。

Dr. Sarah Eby is a sports medicine physician with Mass General Brigham in the state of Massachusetts. Eby said walking has many good (1) and people do not need extra things. “You don’t need equipment and you don’t need a gym membership,” Eby noted. “And the benefits are so vast.”

The U.S. surgeon general* recommends that adults get at (2) two and a half hours of moderate-intensity* physical activity every week. Walking helps meet that goal. Exercise lowers the risk of heart disease, high blood pressure, depression and many kinds of cancer. Walking also helps blood sugar levels, is good for bone health, and can help people lose weight and sleep better. That is what Julie Schmied said. She is a healthcare worker with Norton Healthcare in Kentucky, which runs the free Get Healthy Walking Club. Walking is also a (3)relatively low-impact* exercise that puts less pressure on joints than other exercises while strengthening the heart and lungs.

Some say walking is not enough. Anita Gust teaches exercise science at the University of Minnesota Crookston. Gust said walking “is not enough for overall health and well-being” because it does not provide resistance training that builds muscle strength and endurance*. Some health experts say that is especially important for healthy bone development in women as they age. Experts recommend adding other activities at (2) twice weekly. These could include using weights, gym equipment or one’s own body for resistance exercises. Training that improves flexibility*, like yoga or stretching, can also be helpful.

Schmied said the average American walks about 3,000 to 4,000 steps a day, and it is fine to increase that number to 10,000. Setting a time goal can also be useful. Schmied suggests dividing the recommended 150 minutes per week (4) 30 minutes a day, or 10 minutes three times a day, for five days. During rainy or snowy weather, people can walk in malls or on treadmills*. Walking with friends, including dogs, is one way to keep walking.

Walking clubs have appeared across the nation. In 2022, 31-year-old personal trainer Brianna Joye Kohn started City Girls Who Walk with a TikTok post inviting others to walk with her in New York. “We had 250 girls show up,” she said. Since then, the group has walked every Sunday for around 40 minutes, with some meeting afterward for a meal or coffee.

The Louisville Zoo (5)launched its walking club in 1987. It joined with Norton Healthcare in 2004 to expand and it now has more than 15,000 registered members. Every day from March 1 through October 31, people walk around and around the zoo before it officially opens. Recently, Janet Rapp walked down a path through the city zoo, waving at friends and stopping briefly to greet big birds called emus that she knows by name. The 71-year-old retiree* starts each morning this way with a walking club. “I’m obsessed*,” she said. Not only does it ease her joint pain, but it also gives her energy, and then it calms her, too.

注

the U.S. surgeon general 米国公衆衛生局総監

moderate-intensity 中強度

low-impact 低負荷

endurance 持久力

flexibility 柔軟性

treadmills ランニングマシーン

retiree 退職者

obsessed 夢中になっている

1. 空所（ 1 ）を補う語として最も適当なものを、(A)～(D)のうちから一つ選びなさい。

(A) informations

(B) advices

(C) equipments

(D) effects

2. 空所（ 2 ）を補う語として最も適当なものを、(A)～(D)のうちから一つ選びなさい。ただし、空所（ 2 ）は2か所あるがどちらも同じ語が入る。

(A) best

(B) all

(C) least

(D) once

3. 下線部(3)と似た意味を持つ語として最も適当なものを、(A)～(D)のうちから一つ選びなさい。

(A) absolutely

(B) rarely

(C) naturally

(D) comparatively

4. 空所（ 4 ）を補う語として最も適当なものを、(A)～(D)のうちから一つ選びなさい。

- (A) for
- (B) into
- (C) with
- (D) to

5. 下線部(5)と似た意味を持つ語（句）として最も適当なものを、(A)～(D)のうちから一つ選びなさい。

- (A) set up
- (B) closed
- (C) discovered
- (D) avoided

6. 本文の内容に関して、以下の英文の空所に入る最も適切な英単語 1 語を答えなさい。

From spring to fall, walking club members go around the zoo () opening hours.

7. 本文の内容と一致するものを、(A)～(F)のうちから二つ選びなさい。

- (A) エビー博士によると、歩くためには特別な器具やジムの会員権が必要である。
- (B) 米国の公衆衛生総監は、大人は毎日 30 分間の中強度の運動を必ず行うべきだと述べている。
- (C) シュミードは歩くことが血糖値や骨の健康によいと述べている。
- (D) 歩くことだけでは健康や幸福に十分でないと考える人もいる。
- (E) アメリカ人の理想的な歩数は 1 日 3,000 ～ 4,000 歩程度である。
- (F) 71 歳の女性は、歩くことで関節痛はよくななくても、元気が出て心も落ち着くと言っている。

[IV] 次の1～8の各文の日本語の意味を参考にして、以下の語句を並べ替えたとき、空所(a)(b)に入るものをそれぞれ答えなさい。なお、不要な語が一つ含まれています。また、文頭に当たる語(句)も小文字で表しています。

1. カフェで勉強することは日本の学生の間で人気がある。

(a)() () is popular (b)() students.

(A) in (B) getting (C) studying (D) Japanese (E) cafes (F) among

2. 十分な睡眠を取らないことは健康問題を引き起こすかもしれない。

Not () (a)() (b)() health problems.

(A) might (B) to (C) cause (D) enough (E) sleeping (F) some

3. 仕事を辞めるという彼の決断はみんなを驚かせた。

His () (a)() () (b) surprised everyone.

(A) to (B) job (C) his (D) decision (E) quit (F) made

4. 私はその問題を解決しようとしたが、難しいと感じた。

I () (a)() the problem, (b)() found difficult.

(A) that (B) I (C) solve (D) tried (E) which (F) to

5. ジェーン、新しい学校はどうですか？

() (a)() (b)() at your new school, Jane?

(A) been (B) doing (C) have (D) had (E) you (F) how

6. 彼は学校中の誰よりも速く走る。

He () () (a)() (b) in the whole school.

(A) anyone (B) runs (C) more (D) than (E) faster (F) else

7. 一番近い駅にどうやって行くか知っている？

Do () () (a) () (b) to the nearest station?

(A) you (B) how (C) get (D) know (E) way (F) to

8. その報告書は事務員によって日本語に翻訳された。

The report (a) () (b) () () an office worker.

(A) into (B) has (C) Japanese (D) translated (E) was (F) by

