

問題1 次の英文を読んで、下の設問に答えなさい。

Yoga is good for the mind and body. Regular practice of yoga helps people to improve their balance and stamina. Although you won't really ⁽¹⁾ get out of breath, like you might (A) playing football or running, it does (B) to keep your heart healthy and you can ⁽²⁾ lose weight. It can also help with back pain.

The breathing taught in yoga can help people to reduce stress and anxiety. There are lots of different possible breathing patterns you can do. Yoga also improves concentration and helps people to sleep better, so it's great for anyone who's (C) pressure at work or in their studies.

There are lots of different types of yoga, so you can choose what suits you best. Hatha Yoga is often good for beginners, because you hold each position for (D) breaths. In Vinyasa Yoga you change position much more quickly. It's quite challenging if you haven't (E) much yoga before. Bikram Yoga is sometimes called 'hot yoga', because the room must be heated to around 40 degrees. As well as these and other more traditional forms of yoga, there are also some more unusual modern forms of yoga. For example, you might enjoy 'laughter yoga', where people do breathing exercises and laugh about nothing (F) particular – laughing is very good for your health. Or what about 'Aeroyoga', where you do yoga while you are hanging from the ceiling? It's supposed to be very good for your back. Or 'Doga', where you do yoga together with your pet dog? (G) kind of yoga you choose, there are definitely some health benefits, and you should have fun too.

問1 下線部(1) get out of breath の意味を次の①～⑤から1つ選びなさい。

- ① 息を止める ② 深呼吸をする ③ 口臭を消す ④ 息を切らす ⑤ 一息入れる

問2 下線部(2) lose と反対の意味の語を次の①～⑤から1つ選びなさい。

- ① decrease ② gain ③ grow ④ lead ⑤ suffer

問3 (A)～(G)に入る適語をそれぞれ次の①～⑤から1つずつ選びなさい。

- (A) ① be ② is ③ are ④ was ⑤ were
 (B) ① help ② helps ③ helped ④ helping ⑤ has helped
 (C) ① at ② from ③ on ④ to ⑤ under
 (D) ① few ② little ③ a few ④ a little ⑤ many
 (E) ① do ② does ③ did ④ doing ⑤ done
 (F) ① for ② in ③ of ④ off ⑤ out
 (G) ① What ② Where ③ When ④ Whatever ⑤ However

問4 本文の内容と一致するものを次の①～⑤から1つ選びなさい。

- ① 心身をリラックスさせるために、多くの人が定期的にヨガのレッスンを受けている。
 ② 従業員の集中力を高めるために、オフィスヨガを取り入れる企業がある。
 ③ ハタヨガは、体を動かすことに重点を置いたヨガである。
 ④ ヴィンヤサヨガは初心者でも始めやすいヨガで、ビクラムヨガはホットヨガのことである。
 ⑤ 一風変わったヨガもあるが、どのヨガを選んでも健康上のメリットがある。

問題2 日本文と同じ内容の英文になるように()内の語句を並べかえたとき、前から2番目と4番目になる語句を、それぞれ次の①～⑤から1つずつ選びなさい。(ただし、文頭の語は小文字にしています)

- 1) 私が予想していた以上に彼の容態はよくなかった。
His condition was (① had, ② than, ③ expected, ④ worse, ⑤ I).
- 2) 英会話を教えてくれてありがとう。
(① me, ② thank, ③ teaching, ④ you, ⑤ for) English conversation.
- 3) どの講座を受けてみたいですか。
Which class (① are, ② in, ③ you, ④ interested, ⑤ taking)?
- 4) 今週末、桜は満開となります。
This weekend, the cherry blossoms (① be, ② bloom, ③ in, ④ full, ⑤ will).
- 5) まもなく世界は食糧不足になるだろう。
It will not be long before the (① food, ② short, ③ world, ④ of, ⑤ runs).

問題3 各文の()に入る適語を、それぞれ次の①～⑤から1つずつ選びなさい。

- 1) Keep trying, () you won't improve.
① and ② or ③ but ④ only ⑤ even
- 2) She is () to me by three years.
① young ② younger ③ old ④ older ⑤ senior
- 3) Open the window, () you?
① are ② were ③ do ④ don't ⑤ will
- 4) You can see the girl and her dog () are crossing the street.
① who ② which ③ that ④ whom ⑤ whose
- 5) I suggested to her that she () the club.
① join ② joins ③ joining ④ joined ⑤ has joined

問題4 各組の英文がほぼ同じ意味になるように()に入る適語を、それぞれ次の①～⑤から1つずつ選びなさい。

- 1) All at once, I heard a scream behind the door.
(), I heard a scream behind the door.
① Shortly ② Slowly ③ Quickly ④ Suddenly ⑤ Clearly
- 2) How much was your phone?
How much did your phone ()?
① price ② cost ③ pay ④ buy ⑤ sold
- 3) You should remember that time is money.
You should keep in () that time is money.
① head ② hand ③ mind ④ face ⑤ back
- 4) She looks good in those clothes.
Those clothes look good () her.
① in ② of ③ for ④ at ⑤ on
- 5) I have a question about this matter.
I have a question in () to this matter.
① regards ② accounts ③ response ④ due ⑤ order