

試験開始の合図があるまで、この問題冊子の中を見てはいけません。

至学館大学

2026年度 一般入学者選抜試験前期 (1/30)

英語

〈注意事項〉

- 解答用紙には解答欄以外に次の記入欄があるので、それぞれ正しく記入し、マークしなさい。
 - 受験番号欄
受験番号（数字及び英字）を記入し、さらにその下のマーク欄にマークしなさい。
正しくマークされていない場合は、採点できないことがあります。
 - 氏名欄
氏名を記入しなさい。
 - 解答科目欄
解答する科目名の左の○にマークしなさい。マークされていない場合又は複数の科目にマークされている場合は、0点となります。
- 試験時間は60分です。
- この問題冊子は、10ページあります。試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁及び解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせなさい。
- 解答は、解答用紙の解答欄にマークしなさい。例えば、

10

と表示のある問いに対して③と解答する場合は、次の(例)のように問題番号10の解答記入欄の③にマークしなさい。

問題番号	解答記入欄
10	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

- 問題冊子の余白等は適宜利用してよい。
- 不正行為について
 - 不正行為に対しては厳正に対処します。
 - 不正行為に見えるような行為が見受けられた場合は、監督者が注意します。
 - 不正行為を行った場合は、その時点で受験を取りやめさせ退出させます。
- 試験終了後、問題冊子は持ち帰りなさい。

英 語 一般入試(前期) 1 日目

第 1 問 次の英文を読み、 から までの設問について最も適切な答えを
①から④の選択肢の中から選び、解答欄にその番号をマークしなさい。

Tom Hanks may have been sleepless in Seattle, but Tokyo residents are the world's biggest night owls. That was the conclusion of a recent survey by device maker Jawbone, which tracked the sleep patterns of thousands of users of its activity tracking wristband, including those in Australia, Japan and the United States.

According to the survey, Tokyoites^{*注1} get the least amount of sleep worldwide, averaging just 5.46 hours a night. This may explain the behavior of Tokyo train travelers, who use public transport to catch a little shut-eye.

The residents of Seoul ranked second among the night owls at just 5.55 hours per night, followed by Dubai, Singapore and Mexico City at 6.32 hours each. Among American cities, those in San Antonio, Texas, were the most active at night, sleeping just 6.4 hours.

At the other end of the scale, the people of Melbourne were counted the world's deepest sleepers, averaging 7.05 hours a night, followed closely by London and Denver, Colorado, both at 7.02 hours, and this writer's hometown of Brisbane, Australia, on seven hours, equal to Paris.

The survey's findings compare to a similar poll^{*注2} by the Organization for Economic Cooperation and Development (OECD), which found that Japanese sleep an average of seven hours and 43 minutes a day, about 30 minutes below the OECD average.

While the two survey's results differ in terms of raw hours, the trend reveals that few in Japan or other urbanized nations are getting enough sleep.

The Centers for Disease Control and Prevention in the U.S. recommends seven to eight hours a night of sleep for adults, and at least 10 hours for school-age children. It warns that insufficient sleep is associated with chronic diseases and conditions such as depression, diabetes and obesity^{*注3}.

Japan's workaholic culture and tradition of late-night drinks with colleagues may be hard to change. But according to The Japan Times, one solution might be for a

daily “① power nap” at the workplace in the afternoon “to restore energy, renew focus and improve mood.”

U.S. researchers have found that a power nap of 45 minutes to an hour can even help lower blood pressure. The concept of power napping has some famous advocates^{*注4}, from Britain’s Winston Churchill as well as Albert Einstein and former U.S. President Bill Clinton.

So when the boss asks you why you are asleep at your desk after lunch, you have an excellent excuse. Just ask Tom Hanks.

(出典 : Fenson, A. (2014, September 26). Sleepless in the city. *The Japan Times ST*. <https://st.japantimes.co.jp/essay/?=ey20140926>) ※形式等については一部改変

注 :

*注 1 . Tokyoites : 東京都民

*注 2 . poll : 調査

*注 3 . depression, diabetes and obesity : うつや糖尿病や肥満

*注 4 . advocates : 提唱者たち

1 Jawbone社の調査結果について、正しいものを①から④の中から選びなさい。

- ① ソウルに住む人々の睡眠時間が一番少なかった。
- ② ドバイに住む人の睡眠時間が2番目に少なかった。
- ③ メキシコ市に住む人の睡眠時間が3番目に少なかった。
- ④ 東京に住む人の睡眠時間が2番目に少なかった。

2 本文の内容について最も適切なものを①から④の中から選びなさい。

- ① メルボルンに住む人々の平均睡眠時間は、7.05時間である。
- ② ロンドンとパリの平均睡眠時間は同じである。
- ③ 日本などの都市化した国の睡眠時間は、OECDの推奨する時間よりも長い。
- ④ Jawbone社の調査の対象者は、数百人であった。

3 本文の内容について間違っているものを①から④の中から選びなさい。

- ① 睡眠不足は、慢性疾患や慢性的な症状に結びつく。
- ② アメリカの疾病予防センターは、成人の理想的な睡眠時間を6時間としている。
- ③ 日本の仕事中毒的な文化や夜に同僚と飲む習慣は、改善するのは難しい。
- ④ アメリカの疾病予防センターの推奨する子どもの睡眠時間は、10時間以上である。

4 下線部①power napについて、正しいものを①から④の中から選びなさい。

- ① 午前中に職場などでとる短い睡眠のことである。
- ② 2時間以上睡眠をとることで、血圧を下げることに役に立つ。
- ③ 集中力を回復しない。
- ④ 午後に職場などでとる昼寝のことである。

5 本文の内容として、最も適切なものを①から④の中から選びなさい。

- ① Jawbone社の調査によると東京都民は一番多く睡眠をとっていた。
- ② アメリカの都市では、テキサスの睡眠時間ももっとも少なかった。
- ③ Jawbone社とOECDの睡眠に関する調査の結果は、全く異なっていた。
- ④ アメリカのクリントン元大統領は、power nap をとらなかった。

第2問 次の英文を読み、6 から 10 までの設問について最も適切な答えを①から④の選択肢の中から選び、解答欄のその番号をマークしなさい。

Far from embarking^{*注1} on costly large-scale constructions, the organising committee has opted^{*注2} for this innovative solution because they believe it to be a more efficient choice from both an economic and logistical perspective. The decision

was approved at the end of April during the first Technical Delegates^{*注3} Meeting, held at the Nagoya Tokyu Hotel, with the participation of 350 attendees, including 67 technical delegates.

The vessel will be docked at Kinjo Pier, in the Port of Nagoya, and will have capacity to host 4,600 people, including athletes and officials from 20 disciplines^{*注4}, whose competition venues are located near the port: archery, 3 x 3 basketball, canoe sprint, mountain biking, BMX racing, men's football, gymnastics, handball, judo, kabaddi, kurash, mixed martial arts, rowing, rugby, sepaktakraw, sport climbing, squash, tennis, weightlifting, wrestling and wushu.

“It's always good to have something unique. This has never been done before at the Asian Games, and I believe it will be very exciting for the athletes, perhaps even a once-in-a-lifetime experience. I fully support the idea”, said Max Mager, one of the technical delegates, who believes that as long as the ship offers basic services such as catering, a gym, and equipment storage, there should be no issues for the athletes.

To complement^{*注5} this floating solution, temporary villas made from repurposed shipping containers will be installed at Garden Wharf^{*注6}, with space for a further 2,400 people. These facilities will house athletes from water polo, 5 x 5 basketball, women's football, jiu-jitsu, modern pentathlon, soft tennis, and volleyball, as well as the heads of delegation. Both areas, the cruise ship and the villas, will form what is being called the Athletes' Plaza, and will be connected by a shuttle bus service that will cover the 6.5 kilometres between them in around 15 minutes.

In addition to the aforementioned^{*注7} zones, around 1,200 athletes and officials involved in sports such as badminton, cricket, football and softball will stay in hotels scattered across Nagoya. In total, some 8,200 people will be accommodated in the city during the Games, more than half of the approximately 15,000 participants from 45 National Olympic Committees.

Beyond the main accommodation hub in Nagoya, the committee has planned eight additional zones to house competitors whose events will take place in other venues. Within Aichi Prefecture, four hubs will be established: in Owari, with 400 athletes from golf and women's handball; in Chita, with 2,500 athletes from athletics,

breaking, beach volleyball, BMX freestyle, eSports, fencing and skateboarding; in Western Mikawa, with 1,200 people from canoe slalom, women's football, shooting and table tennis; and in Eastern Mikawa, with 1,700 participants from baseball, boxing, road cycling, karate, sailing, surfing, taekwondo and triathlon.

Outside the prefecture, four more hubs have been defined: Tokyo will host 700 athletes from swimming, diving and equestrian; Shizuoka, 400 from artistic swimming, track cycling and men's football; Gifu, 800 from women's football and hockey; and Osaka, 100 also linked to the men's football tournament.

Despite the unconventional^{*注8} nature of the proposal, the organising committee is confident that the athletes' experience will not be affected. "The cruise ship and container houses are in different locations, but they are only about 10 minutes apart by shuttle bus," explained Deputy Secretary General Kazuhiro Yagi, in remarks to AFP^{*注9}. "I don't think it will be a problem at all with regards to being able to interact with other athletes." He added, "There is an aquarium and various other entertainment facilities in the area. I think they'll be able to take a break, relax and come together."

(出典：Javier Carro, "Asian Games: Floating venue, MMA and esports", inside the games, 8 June 2025. Reproduced by permission. <https://www.insidethegames.biz/articles/1153696/floating-home-mma-esports-asian-games>) ※形式等については一部改変

注：

*注 1. embark：着手する

*注 2. opt：選択する

*注 3. delegate：代表者

*注 4. discipline：競技

*注 5. complement：補完する

*注 6. Garden Wharf：ガーデンふ頭

*注 7. aforementioned：前述の

*注 8. unconventional：従来と異なる

*注 9. AFP：Agence France-Presseの略で、パリに拠点を置く通信社

6

本文の内容に合致するものとして，下記の英文に続く最も適切な選択肢を選びなさい。

The organising committee decided to use a cruise ship as part of the accommodation plan because

- ① it was the only available option due to a lack of land space.
- ② they believed it would be more efficient economically and logistically.
- ③ it had already been used successfully in previous Asian Games.
- ④ they wanted to give athletes luxury accommodation with private rooms.

7

本文の内容に合致するものとして，下記の英文に続く最も適切な選択肢を選びなさい。

The container houses installed at Garden Wharf will accommodate

- ① athletes from all sports held near the Port of Nagoya.
- ② only male athletes from martial arts events.
- ③ athletes from selected sports, including water polo and volleyball.
- ④ the same group of athletes as those staying on the cruise ship.

8

本文の内容に合致するものとして，最も適切な選択肢を選びなさい。

- ① The entire 15,000 participants of the Games will be housed in Nagoya.
- ② Only one accommodation zone outside Aichi Prefecture is planned.
- ③ More than half of all athletes and officials will stay in Nagoya.
- ④ The cruise ship and the container houses are located in Shizuoka.

9 本文の内容に合致するものとして、最も適切な選択肢を選びなさい。

- ① One of the technical delegates opposes the cruise ship plan due to lack of privacy.
- ② Temporary villas will be built using brand-new construction materials.
- ③ Shuttle buses from the cruise ship to the container village will take about 10 to 15 minutes.
- ④ No athletes will be housed outside the city of Nagoya.

10 本文の内容に合致するものとして、最も適切な選択肢を選びなさい。

- ① Each sport's event will be held in Japan and nearby Asian countries.
- ② Tokyo and Osaka will each host over 1,000 athletes.
- ③ Different hubs across Aichi Prefecture and nearby areas will accommodate athletes according to their sports.
- ④ Athletes will not have access to entertainment facilities during the Games.

第3問 次の 11 ～ 20 について、最も適切な英文にするために①～⑤の語句を並べかえたとき、3番目に来る語句の番号を解答欄にマークしなさい。

11 While staying there, I () mine.

- ① of ② see ③ an old friend ④ to ⑤ happened

12 He was poorly dressed and no () a king.

- ① be ② him ③ believed ④ one ⑤ to

13 It is () attend this event.

- ① of ② kind ③ you ④ to ⑤ very

第4問 次の英文の括弧内に入れるべき最も適切な語句を選び、解答欄にその番号をマークしなさい。

21 We will have a meeting in Room 6 following the conference () in the hall.

- ① to hold ② to be held ③ being holding ④ hold

22 You should take one train earlier than usual so as () to be late for the class.

- ① not ② much ③ but ④ even

23 You have to () eating and drinking the day before the physical examination.

- ① refuse ② manage ③ refrain ④ avoid

24 It goes () saying that honesty is essential in relationships.

- ① more ② to ③ without ④ for

25 Our country was much safer () to the others.

- ① related ② beside ③ compared ④ differed

26 Our elementary school has changed a lot. It is not () it used to be.

- ① what ② where ③ that ④ which

27 The scenery here is () the most beautiful.

- ① much more ② by far ③ very ④ quietly

28 A: What do you () to going for a drive in my car next Sunday?

B: Sounds nice! I'd love to.

- ① say ② go ③ know ④ do

29 I want you to do what you want. That's () I ask of you.

- ① which ② some ③ more ④ all

30 Many () seems to work too much.

- ① teachers ② a teacher ③ of a teacher ④ teacher

