TMPS医学館　過去問解説図書館

英　語

関西医科大学医学部　2026年度型
そっくり類題セット

※ これは関西医科大学の入試問題ではありません。
2026年度の出題形式（大問の数・設問の型・解答形式）をもとに、
TMPS医学館が本文・設問をすべて新しく作成したオリジナル問題です。
本文に登場する人物・団体はすべて架空です。

試験時間の目安：80分

大問	ページ	時間配分の目安
大問I （長文：空所補充・同義語・語選択・内容一致）	2	28分
大問II （長文：真偽・語義・空所補充・記述）	6	32分
大問III （誤り訂正）	10	12分（見直し8分）

注意事項

1. 問題は大問I〜IIIの全3題である（設問番号は 1〜48）。
2. 選択問題は，解答欄にa〜の記号で答えること。記述問題は白紙に書くこと。
3. 記述問題（42〜47）と誤り訂正（48）は解答例を掲載しているので，別解がありうる。
4. 解答・解説は，解説ページ（TMPS医学館の過去問解説図書館）に掲載している。

大問Ⅰ 長文（空所補充・同義語・語選択・内容一致）

Read the following passage and answer the questions that follow.

Everyone wants a good night's sleep — and for decades, researchers have [1] how we might get one. The field's many surveys and experiments have [2] remedies, from giving up coffee after lunch to taking a ten-minute nap to cramming(A) a bedroom full of houseplants.

But sleep science has had a rocky(B) decade of its own. Scientists realized that many early studies had used only a handful of volunteers and could not be repeated. That has [3] how sleep is measured, and the study of naps is no exception. So what really works? Under today's closer inspection(C), some remedies seem to hold up, while others do not, or have yet to prove themselves. Here is what we know so far, according to a new review in the Annual Review of Sleep Studies.

One long-standing [a] is that a warm bath before bed helps people fall asleep. In a well-known 1998 study, researchers asked 40 volunteers in Brisbane to sit in either a hot bath or a warm room for ten minutes. The volunteers then [4] a short reaction-time test the next morning. On average, the bathers reacted slightly faster than the others.

But when 12 different laboratories joined forces to repeat the experiment with 2,300 new volunteers, the effect [5], the team reported in 2017.

The repeat study was part of a wider push to solve what some call sleep science's [b] crisis, which has been blamed partly on the many ways in which researchers could analyze their data until a pleasing(D) result appeared. "It's a bit like firing a handful of darts at a board and painting the target around them afterwards," says Dr. Lena Marsh, a sleep scientist at Harlow University and coauthor of the review.

One solution has been for scientists to announce their study plans publicly before collecting any data. In other words, they paint the target first. Marsh and her student, Tomas Ruiz, [6] such pre-announced studies, which narrowed the huge field of nap research to just 36 papers. Even that small number is encouraging, says Hannah Voss, a psychologist at the University of Dunmore. "I was honestly surprised there were that many," she says. "It shows the field has [7] these new [c]-boosting habits."

Pre-announcing alone does not guarantee sound results, nor does it solve every problem. Good studies also need careful methods and large, varied groups of volunteers. Most of the papers reviewed were strong in those respects as well, Marsh says. Even under the stricter rules, some paths to better sleep held up, the researchers found, including keeping a regular bedtime, getting morning light and cutting back on caffeine.

Take morning light. In one recent study, scientists asked hundreds of office workers to either walk outside for twenty minutes after waking or [d] down a list of their plans for the day indoors. Walking outside [8] restful nights two weeks later. In another study, 800 students were asked to get morning light or to log their daily habits. Those in the light group fell asleep faster and felt more alert the following day. In both cases, it is unclear how long these effects would last.

Three different pre-announced studies pointed to a regular bedtime as helpful. In one, researchers asked 64 adults to keep a fixed bedtime for a week and another 66 to go to bed whenever they liked. Participants in the fixed-bedtime group reported feeling more rested during the study week, though the benefits were smaller for those who were naturally night owls.

And surprise! Short naps were also supported by new, pre-announced research — once scientists switched to a more realistic design. About twenty labs in 14 countries [9] test the instruction to nap briefly in the early afternoon with nearly 3,000 volunteers. Longer naps still did not help, but people who were told to rest for ten minutes did report better focus. Remarkably, this was true even when the volunteers did not believe it would work, another team reported in 2024.

Other well-known sleep tips have not [10] the review's standards — at least not yet. The researchers found no clear evidence for benefits of warm baths, lavender scents or white noise. For example, a recent pre-announced study asked participants to use a lavender spray every night, or to use nothing at all. Using the spray over a four-week period [11] sleep quality.

The pair did not find any pre-announced studies at all on yoga or on drinking herbal tea, two oft-recommended habits. That does not mean those habits cannot work, Marsh says — just that as the pre-announced [e] now stands, research has not weighed in. The pair also considered only two pre-announced studies on bright-light therapy, and did not include research on people diagnosed with insomnia.

Such strictness is admirable, but it also means one can miss things, says Paul Haines, a sleep researcher at the University of Kellerton. He studies the effects of bright-light therapy, including its use with patients who have insomnia and depression. He noted that because of Marsh and Ruiz's strict criteria, they left out hundreds of studies on its benefits. "It's like throwing away a whole harvest because of a few bad apples," he says. "It's really very obvious that bright light helps people with winter depression."

Marsh agrees that the review only [12] the iceberg of sleep research. But that tip should grow as more scientists announce their plans in advance. As Marsh and Ruiz conclude, "sleep research stands at the start of an exciting new era(E)."

For [1] through [12], choose the most appropriate phrase from the following choices to fill in the box, and mark on your answer sheet. The same choice can only be used once.

a. all but disappeared	**b.** broke down into	**c.** brought about more
d. covered the tip of	**e.** drawn attention to	**f.** fell short of
g. gave up on	**h.** had little effect on	**i.** measured up to
j. pointed to several	**k.** ran into	**l.** stepped back from
m. taken on a lot of	**n.** teamed up to	**o.** tried to work out
p. went along with	**q.** worked through	**r.** zeroed in on

For [13] through [17], choose the word that is closest in meaning in the given context to the underlined words marked (A) through (E), and mark on your answer sheet.

[13] (A) cramming

a. cleaning **b.** painting
c. stuffing **d.** lighting

[14] (B) rocky

a. steady **b.** difficult
c. profitable **d.** stony

15 (C) inspection

a. invention **b.** examination
c. protection **d.** direction

16 (D) pleasing

a. unwelcome **b.** surprising
c. puzzling **d.** satisfying

17 (E) era

a. mistake **b.** rule
c. place **d.** period

For 18 through 22, choose the word that is most appropriate in the given context to fill in the blanks marked [a] through [e], and mark on your answer sheet.

18 [**a**]

a. relief **b.** belief **c.** grief **d.** brief **e.** chief

19 [**b**]

a. rotation **b.** regulation **c.** relaxation **d.** replication **e.** resolution

20 [**c**]

a. confession **b.** conference **c.** confidence **d.** confinement **e.** confidential

21 [**d**]

a. jab **b.** jam **c.** jar **d.** jog **e.** jot

22 [**e**]

a. record **b.** recipe **c.** rumor **d.** reward **e.** ritual

23 *In accordance with the passage, choose **all** correct statements from the following choices, and mark on your answer sheet.*

a. Thanks to better sleep-tracking devices, researchers have confirmed which habits improve sleep, while the effects of other habits remain to be checked.

b. In the 1998 study mentioned in the passage, volunteers who sat in a hot bath reacted slightly faster the next morning than those who sat in a warm room.

c. To see how analysis choices affect results, scientists fired darts at a board and drew a ring around each dart after it landed.

d. Marsh and Ruiz examined three dozen published papers in which the study plans had been announced before the studies began.

e. In a one-week study of 130 adults, those told to keep a fixed bedtime reported feeling more rested than those who went to bed whenever they liked.

f. Paul Haines criticized Marsh and Ruiz for being too strict, and therefore asked scientists to stop announcing their study plans in advance.

大問II 長文（真偽・語義・空所補充・記述）

Read the following passage and answer the questions that follow.

Like most parents, I'm worn out from juggling(A) the needs of my job and my children. But after the kids fall asleep, I slip out to the small vegetable garden behind our house. The evening air is cool, the soil is damp, and the tomato plants smell sharp and green.

It has been just the chance to unwind that I've badly(B) needed. During a long spell(C) this spring, when the whole family caught one cold after another, I planted three rows of beans and felt, for an hour a day, like a person with nothing to fix.

So-called ecotherapy can be a powerful wellness practice, according to Dana Whitlock, a licensed occupational therapist in Duluth, Minnesota, who has been prescribing it(D) to her clients for twelve years.

For most of us, "there are few chances to slow [E]," said Whitlock, who teaches a course on garden therapy at a local college. She is also the author of "Dirt Under My Nails," a book to be [F].

Gardening offers a break from work and from caring for other people, she said, and it can also be a way to gain [G].

Working with soil often has strong effects on people, making them laugh or causing them to get [H] over old memories. "If a feeling comes up while you're digging, there's something there for you," Whitlock said. If gardeners stop and think about [tend / what's / them / drawing / the / they / plants / to], they can gain valuable knowledge about themselves.

Whitlock recommended gardeners to carry(I) notebooks nearby to write [J] about themselves.

Tending(N) plants also can offer a chance to see things from other people's points of view and even to reconsider [K], Whitlock said.

"We can realize that, OK, maybe I am following garden advice to the letter(L). Or maybe I am worrying a little bit too much," she said. "Sometimes we garden to help reframe our perspective(M)."

Whitlock said gardens also remind people that they are not the only ones who are struggling. "We all meet the same weather, maybe at different times, in different ways," she said. This realization can help people feel less alone.

Knowing what suits you as a gardener(O) is important, whether you're a fan of flowers, herbs, vegetables, fruit trees or something else. Your local garden center or a site like Gardenweb can help. The tools are your choice. Some people like gloves, while others prefer bare hands. What matters is that the work is pleasant for the person.

While some people like me find gardening to be a way to relax and gain insights on our own, Whitlock said therapists also prescribe garden time to their patients as a form of learning and healing. "Traditional talk therapy, having a therapist ask you very personal questions about difficult experiences, can feel really distressing," she said. "When you're working beside a plant, it becomes a lot easier to talk about some of those painful memories or to consider different experiences you've had."

Despite the benefits of time outdoors, people have been spending less of it there. As a high-school teacher, I find that, overall, my students spend [P] time outdoors now than they did when I started

teaching a decade ago.

But Whitlock advised that it's best not to set goals for how many vegetables you'll grow in a season. Once we start counting how much we're harvesting, "we take the joy away from the benefits of slowing down," she said.

Whitlock recently spent two months tending a plot of native prairie flowers. As she worked, she listened to birdsong and read up on the insects that visited. "I feel like that's when gardening gets really enjoyable, because you're really absorbed(Q), not just in the work but in what the land is trying to tell you," she said.

When I want to escape to the countryside, I love browsing Cora Lind's "The Orchard Year." Reading it recently reminded me of the power of soil and prompted me to take my young daughters to the city botanical garden, where they were enchanted by tropical butterflies. A farmer at my local market gave me seedlings last week, and a nurse I know swapped herbs with me.

Gardening can be a powerful way of escaping, relaxing and realizing truths about ourselves and the world. That's why I'm heading back to the garden tonight.

For 24 *through* 28*, is the statement true or false in accordance with the passage? Mark "a" if it is true and "b" if it is false on your answer sheet.*

24 Worn out by her job and her children, the author took a week off and traveled to a farm. **a. true b. false**

25 The most suitable tool for gardening depends on how large the garden is. **a. true b. false**

26 In treatment, prescribing time with plants could in some ways be more helpful than conventional talk therapy. **a. true b. false**

27 When you garden, you will be more motivated if you set a goal for how many vegetables you want to grow in a season. **a. true b. false**

28 The author was so inspired by a gardening book that she took her daughters to a botanical garden. **a. true b. false**

For 29 *through* 33*, choose the word or phrase that best describes the meaning of the underlined words marked (A), (B), (C), (N), and (Q) in the given context, and mark on your answer sheet.*

29 (A) juggling

a. throwing **b.** ignoring
c. balancing **d.** enjoying

30 (B) badly

a. mistakenly **b.** cruelly
c. rarely **d.** very much

31 (C) spell

a. a magic word **b.** a certain period of time
c. a type of illness **d.** a rule

32 (N) Tending

a. leaning toward **b.** caring for
c. pulling out **d.** waiting for

33 (Q) absorbed

a. wet through **b.** slowly paid back
c. fully focused **d.** hard to see

For 34 through 39, choose the most appropriate word or phrase to fill in the blanks marked [E], [F], [G], [H], [J], and [K] from the following box of choices, and mark on your answer sheet. The same choice can only be used once.

a. down and look inward **b.** published next spring
c. new energy **d.** down what they notice
e. teary **f.** your habits

34 [**E**]

35 [**F**]

36 [**G**]

37 [**H**]

38 [**J**]

39 [**K**]

For 40 and 41, choose the phrase that best describes the meaning of the underlined phrases marked (L) and (O), and mark on your answer sheet.

40 (L) to the letter

a. exactly and strictly

b. by mail

c. in writing only

d. one letter at a time

41 (O) what suits you as a gardener

a. which plants you can afford

b. what kind of gardening suits you

c. how large your yard is

d. where you were born

42 *Find four occupations from the passage, and write them on your answer sheet.*

43 *What does the underlined pronoun marked (D) denote? Find the most appropriate word from the passage, and write it on your answer sheet.*

44 *Rearrange the words in the brackets marked into the most appropriate order to make a correct sentence, and write them on your answer sheet.*

45 *Fill in the blank marked (I) with the most appropriate form of the verb to carry, and write it on your answer sheet.*

46 *Find the phrase that has a similar meaning to the underlined word marked (M) from the passage, and write it on your answer sheet.*

47 *What is the most appropriate word to fill in the blank marked* P*? Write it on your answer sheet.*

大問III 誤り訂正

48 **The following passage contains English errors. Find and correct all errors. Correct only errors; do not make changes based on style preferences. Make your corrections on your answer sheet as in the following example.**

Example: He ~~forget~~ *forgot* to bring *an* umbrella.

Before the late nineteenth century, most people in cities traveled with foot, usually over short distances between home and work. Walking was slow and tiring, with the result that only the wealthy was able to travel far. However, this situation changed dramatic with the spread of bicycle in the 1880s. Its simple design not only made travel cheaper but also gave ordinary people a new kind of freedom.

The safety bicycle had two wheels of equal size, which allowed rider to balance more easily. Once the tires were filled with air, riders could travel smoothly and quick. Compared with walking, cycling was far more efficient and less tiring. Within a few years, bicycle shops opened across Europe, making travel available to more people as ever before.

The effects of the bicycle extended beyond transport. It prompted a boom in cycling clubs and in better road. Ordinarily workers, who previously had few ways to leave their neighborhoods, could now visit nearby towns. This freedom encouraged friendships and lead to a growing demand for paved roads. Furthermore, women could travel independently, which helped speed up changes in fields such as clothing, medical, and education.

In short, the bicycle marked the beginning of a new era. By making travel affordability for a wider public, it laid the foundation for the modern world, where people move freely and wide.

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