TMPS医学館　過去問解説図書館

英　語

大阪医科薬科大学医学部　2024年度型
そっくり類題セット

※ これは大阪医科薬科大学医学部の入試問題ではありません。
2024年度の出題形式（長文の和訳と空所補充／和文英訳）をもとに，
TMPS医学館が題材や数値・設定を変えて作成したオリジナル問題です。

試験時間の目安：45分（英語80分のうち，大問Ⅰ 35分を除く）

大問	ページ	時間配分の目安
大問Ⅱ （長文：和訳と空所補充）	2	30分
大問Ⅲ （和文英訳）	4	10分（見直し5分）

注意事項

1. 問題は大問Ⅱ・Ⅲの2題である（本番の大問Ⅰに相当する長文は，著作権への配慮から作成していない）。
2. 大問Ⅱは長文の下線部の和訳と空所補充，大問Ⅲは下線部の英訳である。
3. 下線部には，下線が引いてある。解答用紙は別に用意すること。
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II 以下の英文を読み，問いに答えよ。

A short walk before breakfast gives many people a calm start to the day. A new study suggests that this simple habit may also come with another benefit: sharper attention in later life.

(1) Following about four hundred retired workers for two years, researchers in Finland found that those who reported walking outdoors every morning from early adulthood scored higher on tests of attention, memory, planning and reaction speed than those who rarely walked.

The findings, published in the June issue of the journal Aging and Mind, add to a decade of work suggesting that regular exercise protects the brain in older people.

"It is encouraging that early and middle-life habits seem to matter for brain health decades later," said Dr. Anna Lindqvist, a neurologist at Uppsala College who was not involved in the study. "This fits with what we already know."

In recent years, scientists have learned a great deal about exercise and the aging brain, though not all of their findings have agreed. Some studies have found that active adults who develop memory problems do so at a later age than inactive adults. Others have found no clear benefit from exercise.

Researchers suspect that walking may help because it increases blood flow to the brain and gives people regular chances to meet neighbors and plan their day. Both effects, they say, may keep the mind active for years.

The new study tested 412 people aged 62 to 79. About 30 percent of the participants had no sleep problems, while the others were patients at a sleep clinic who had complained of poor concentration.

All were given a series of attention, memory and planning tasks. They were asked, for example, to remember a list of street names, to cross out target symbols on a page, and to plan the shortest route on a simple map.

Participants who reported walking daily between age 20 and 40 or between age 40 and 60 earned higher scores in attention, memory, planning and reaction speed than those who had not walked in those years.

Studying exercise at different stages of life is a fresh approach, said Dr. Maria Okafor, a public health researcher at Lakeside University, who was not part of the team. With such a large group, she said, the authors may be able to answer other questions, such as whether the age at which people began walking mattered.

She warned, however, that the study looked at only one habit: walking every morning for many years. The benefits may turn out to come from some other factor, such as the amount of sleep people got, or the particular jobs or living conditions of those who happen to enjoy walking.

Other experts agreed that (2) the results might have been different if the researchers had asked participants whether they had walked a few times a month, or even less often, rather than every morning.

"Nobody agrees on exactly how much walking is enough, and I think no one ever will, because every

person's life is different,"said Dr. Okafor. "What matters most is that people find a routine they can keep."

1 下線部(1)を和訳せよ。

2 この記事で紹介されている新しい研究について下記の空欄を埋めよ。空欄 a，b，c は数字，d と e は日本語で答えよ。
参加者：[a]歳から[b]歳までの[c]名
結　果：[d]と報告した参加者は，それらの年齢時に歩いていなかった人に比べて，[e]で高い得点を示した。

3 下線部(2)を和訳せよ。

大問III 下線部を英訳せよ。

(1) 睡眠は心身の回復に不可欠であり、十分な睡眠は集中力を高め、病気の予防にも役立つ。また、(2) 睡眠には、就寝前の家族との会話や地域の習慣と結びついた、文化的な意味合いもある。しかし、2010年代にスマートフォンが普及して以来、夜更かしによる睡眠不足への懸念が高まっている。(3) こうした変化により、人々は就寝前の過ごし方に対して敏感になっている。

(1) 下線部(1)を英訳せよ。

(2) 下線部(2)を英訳せよ。

(3) 下線部(3)を英訳せよ。

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