

同志社女子大推薦入試英語対策講座

2017年2月20日（月） 実施

合格五ヶ条

- ① 暗記型の勉強から演習型の勉強に切り替えよう！
- ② 「なぜその答えになるのか？」という解答の根拠を常に意識しよう！
- ③ 「問題を解いて間違えて覚えて」これをひたすら繰り返そう！
- ④ 分かるところと分からないところを必ず分けて意識しよう！
- ⑤ 自分の無限の可能性を信じよう！

●講師のプロフィール●

ベリタス・アカデミー 代表 坂木俊信（さかき・としのぶ）



<https://twitter.com/toshi619>

京都大学を卒業と同時に、代々木ゼミナール英語講師となる。15年間、代ゼミの教壇で教えた経験の中で黒板を使った授業と週1回しか授業ができない予備校のカリキュラムの限界を痛感。

2002年にハワイで出会った電子ホワイトボードに感動し、2003年に電子ホワイトボードを使ったハイテク塾「ベリタス・アカデミー」を創立。2006年に代ゼミを退職すると同時に塾も閉じ、現在のネット配信専門のベリタス・アカデミーの形態へと進化を遂げる。

電子ホワイトボードと毎日いくつでも視聴できるネット配信との組み合わせにより究極に高い効率の学習体系を確立。1ヶ月で偏差値を10上げたり、マーク模試の点数を約1ヶ月で50点以上あげる生徒を続出させた。現在全国1000以上の学習塾がベリタス・アカデミーの映像教材を採用している。

2010年にはiPhoneやiPad向けの配信も開始し、2011年にはiPhone/iPadアプリ「英文音読マスター」「センター英語・第2問満点」もリリース、いつでもどこでも効率のよい授業が受けられる体制を整えた。また2012年10月には、GENIUS英和辞典で有名な大修館書店とのコラボで「GENIUS動画英単語2200」2013年6月には「動画英文法2700」2015年4月には「GENIUS動画英熟語1000」iOSアプリをリリースした。

そして2015年11月には、赤本で有名な教学社から「センター英語 会話・読解 満点のコツ」を出版した。

<http://veritas.bz>

次の英文を読み設問に答えなさい。

Lack of exercise is twice as likely to lead to a shorter life as being obese, or excessively overweight, research has shown. A swift 20-minute walk each day could be all it takes to avoid dying prematurely, the findings suggest.

Scientists looked at the effects of obesity and exercise on 334,161 European men and women whose progress was followed for 12 years. They found that people who engaged in moderate levels of daily exercise equivalent to taking an energetic 20-minute walk were 16% to 30% less likely to die early than those classified as inactive.

Although the impact of exercise was greatest among people of a normal weight, even those with a high body mass index (BMI) level saw a (6)benefit. Overall, avoiding inactivity theoretically reduced the risk of death from any cause by 7.35%, said the scientists. Having a BMI lower than obesity levels, defined as a score of 30 or more, was estimated to lower death rates by only 3.66%. Keeping waists slim, regardless of BMI, had an impact on death rates similar to that of exercise. BMI is a standard tool used to assess whether someone is overweight or obese. Lack of exercise was thought to have caused almost 700,000 deaths across Europe in 2008.

Study leader Professor Ulf Ekelund, from the Medical Research Council (MRC) epidemiology* unit at Cambridge University, said, "This is a simple message. Just a small amount of physical activity each day could have (7)substantial health benefits for people who are physically inactive. Although we found that just 20 minutes would make a difference, we should really be looking to do more than this —— physical activity has many proven health benefits and should be an important part of our daily life."

Participants in the research, who had an average age of about 50, were recruited for the European Prospective Investigation into Cancer (EPIC) study conducted across 10 European countries, including the UK. All had their height, weight, and waist sizes measured, and they provided self-assessments of physical activity levels. Just under a quarter (22.7%) were categorized as inactive, working in (8)sedentary jobs without engaging in any recreational exercise.

The findings, which are published in the *American Journal of Clinical Nutrition*, say the greatest reductions in the risk of premature death were seen when comparing moderately active groups with those who were completely inactive.

Using the most recent available public data, the researchers calculated that 337,000 of the 9.2 million deaths that occurred in Europe in 2008 could be (9)attributed to obesity, but physical inactivity was thought to be responsible for almost double this number —— 676,000 deaths.

Co-author Professor Nick Wareham, director of the MRC epidemiology unit, said, “Helping people to lose weight can be a real challenge. While we should continue to aim at reducing population levels of obesity, public health interventions that encourage people to make small but achievable changes in physical activity can have significant health benefits and may be easier to achieve and maintain.”

June Davison, senior cardiac** nurse at the British Heart Foundation, said, "The results of this study are a clear reminder that being regularly physically active can reduce the risk of dying from coronary heart disease***. The research suggests that just a modest increase in physical activity can have health benefits. Adults should aim to do (10)at least 150 minutes of moderate activity a week, carrying it out in sessions of 10 minutes or more. Whether it's going for a walk, taking a bike ride or using the stairs instead of the lift, keeping active every day will help reduce the risk of developing coronary heart disease.

*epidemiology 疫学 (の)

**cardiac 心臓の

***coronary heart disease 冠動脈疾患

1. 本文の内容に基づき、次の1.～5.の各文を完成させるのに最も適切なものを①～④の中から選びなさい。

1. A research study on 334,161 Europeans revealed that

- ① energetic walks can do harm to them rather than good.
- ② lack of exercise is sometimes good for your health.
- ③ moderate levels of daily exercise may prevent people from dying prematurely.
- ④ there is no correlation between obesity and exercise.

2. Having a BMI lower than obesity levels

- ① had an unfavorable effect on the risk of death.
- ② reduced the risk of death much more than avoiding inactivity.
- ③ seemed to reduce mortality rate by half.
- ④ supposedly decreased the mortality rate by less than 4 %.

3. The greatest reductions in the risk of premature death were seen when

- ① the average age of the participants was about 50.
- ② participants were recruited across 10 European countries.
- ③ participants had their height, weight and waist sizes measured.
- ④ fairly active groups were compared with those who were not active at all.

4. According to Professor Nick Wareham,

- ① helping people to lose weight turned out to be easier than had been imagined.
- ② public health interventions may be effective.
- ③ taking a bike ride is preferable to using the stairs.
- ④ the risk of developing coronary heart disease can be reduced easily.

5. The most appropriate title for this article would be

- ① “The Long-Term Benefits of a Little Daily Exercise.”
- ② “A Way to Keep Your BMI Lower Than Obesity Levels.”
- ③ “How to Overcome Coronary Heart Disease.”
- ④ “What Is Needed to Lose Weight Effectively.”

2. 下線部(6)~(10)の語（句）について本文中の意味に最も近いものを①～④の中から選びなさい。

- | | | |
|------------------|--|----------------------------------|
| 6. benefit | ① denial
③ proof | ② improvement
④ strategy |
| 7. substantial | ① conservative
③ original | ② considerate
④ sensitive |
| 8. sedentary | ① seated
③ technical | ② sufficient
④ tough |
| 9. attributed to | ① distracted from
③ responsible for | ② caused by
④ restricted by |
| 10. at least | ① by any means
③ not less than | ② in any case
④ not more than |

1) 解説終了後、講義中に板書したものはPDFにして配布します。なので講師と同じ板書を写す必要はありません。授業に集中して聞いてください。PDFは授業の10分程度のちに配信画面のtwitterのタイムラインでダウンロードリンクを共有します。

2) 「なぜ間違ったのか？」を考えながら授業を受けてください。

- ・ 本文や選択肢の中の単語を知らなかった → 意味を書き込む
- ・ 意味を取り違えていた → なぜ取り違えたのかを考える
- ・ なんとなく選んでいた → なぜ何となくしか選べなかったのかを考える

* 大抵の場合は、ある箇所の意味がわからないから

3) 問題には、必ず正解がありますが、それが正解になる「解答の根拠」が必ず本文中に存在します。「問題を解く」とは、その「解答の根拠を探す」作業であると言えます。

不足 運動 ~につながる 肥満な
¶ 1 Lack of exercise is twice as likely to lead to a shorter life as being obese, or
過度に 太りすぎ 調査 素早い
excessively overweight, research has shown. A swift 20-minute walk each day could be all
~を避ける 早死にすること 研究結果 示す
it takes to avoid dying prematurely, the findings suggest.

影響 肥満
¶ 2 Scientists looked at the effects of obesity and exercise on 334,161 European men
and women whose progress was followed for 12 years. They found that people who
~に従事する 適度な 日々の ~に相当する 精力的な
engaged in moderate levels of daily exercise equivalent to taking an energetic 20-minute
walk were 16% to 30% less likely to die early than those classified as inactive.
分類される 体を動かさない

- ~を明らかにした
1. A research study on 334,161 Europeans revealed that
 - (1) energetic walks can do harm to them rather than good.
害になる ため
 - (2) lack of exercise is sometimes good for your health.
 - (3) moderate levels of daily exercise may prevent people from dying prematurely.
 - (4) there is no correlation between obesity and exercise.
相関関係

¶ 3 Although the ^{影響}impact of exercise was greatest among people of a normal weight, even those with a high ^{体格指標}body mass index (BMI) level saw a (6)^{恩恵 全体として}benefit. Overall, avoiding ^{体を動かさないこと}inactivity ^{理論的には}theoretically ^{減らした}reduced the risk of death from any ^{原因}cause by 7.35%, said the scientists. Having a BMI lower than obesity levels, ^{定義される}defined as a ^{数値}score of 30 or more, was ^{推定され}estimated to ^{～を下げる}lower ^{死亡率}death rates by only 3.66%. Keeping waists slim, regardless of BMI, had an impact on death rates similar to that of exercise. BMI is a ^{標準的な}standard ^{手段}tool used to ^{～を評価する}assess whether someone is overweight or obese. Lack of exercise was thought to have caused almost 700,000 deaths across Europe in 2008.

2. Having a BMI lower than obesity levels

- (1) ^{好ましくない}had an unfavorable effect on the risk of death.
- (2) reduced the risk of death much more than avoiding inactivity.
- (3) seemed to reduce ^{死亡率}mortality rate by half.
- (4) ^{～と考えられる}supposedly decreased the mortality rate by less than 4 %.

- | | | |
|------------|------------------------|-----------------------------|
| 6. benefit | ^{否定} ① denial | ^{改善} ② improvement |
| | ^{証拠} ③ proof | ^{戦略} ④ strategy |

¶ 4 Study leader Professor Ulf Ekelund, from the Medical Research Council (MRC) epidemiology* unit at Cambridge University, said, "This is a simple message. Just a small amount of physical activity each day could have (7)^{相当な}substantial health benefits for people who are ^{体を動かさない}physically inactive. Although we found that just 20 minutes would make a difference, we should really be looking to do more than this —— physical activity has ^{証明された}many proven health benefits and should be an important part of our daily life."

- | | | |
|----------------|--------------------------------|--------------------------------|
| 7. substantial | ^{保守的な} ① conservative | ^{かなりの} ② considerable |
| | ^{最初の、本来の} ③ original | ^{敏感な} ④ sensitive |

^{参加者} ¶ 5 ^{募集された}Participants in the research, who had an average age of about 50, were recruited for the European Prospective Investigation into Cancer (EPIC) study ^{行われた}conducted across 10 European countries, including the UK. All had their height, weight, and waist sizes ^{身長}measured, and they provided ^{自己評価}self-assessments of physical activity levels. Just under a quarter (22.7%) were ^{分類された}categorized as inactive, working in (8)sedentary jobs without ^{娯楽の}engaging in any recreational exercise.

- | | | |
|--------------|-----------------------------|-----------------------------|
| 8. sedentary | ^{着席した} ① seated | ^{十分な} ② sufficient |
| | ^{技術的な} ③ technical | ^{難しい、丈夫な} ④ tough |

¶ 6 The findings, which are published in the *American Journal of Clinical Nutrition*, say the greatest ^{減少} reductions in the risk of premature death were seen when comparing ^{適度に} moderately active groups with those who were completely inactive.

3. The greatest reductions in the risk of premature death were seen when

(1) the average age of the participants was about 50.

(2) participants were recruited across 10 European countries.

(3) participants had their height, weight and waist sizes measured.

かなり、いくぶん

(4) fairly active groups were compared with those who were not active at all.

入手可能な 公の

推定した

¶ 7 Using the most recent available public data, the researchers calculated that 337,000 of the 9.2 million deaths that occurred in Europe in 2008 could be ^{～に原因があるとされる} (9) attributed to obesity, but physical inactivity was thought to be responsible for almost double this number —— 676,000 deaths.

9. attributed to ^{気をそらされ} ① distracted from

② caused by
制限され

③ responsible for

④ restricted by

共著者

¶ 8 Co-author Professor Nick Wareham, director of the MRC epidemiology unit, said,

課題

“Helping people to lose weight can be a real challenge. While we should continue to aim at reducing population levels of obesity, ^{公的医療} public health ^{介入} interventions that encourage people to make small but ^{達成可能な} achievable changes in physical activity can have significant health benefits and may be easier to achieve and maintain.”

4. According to Professor Nick Wareham,

(1) helping people to lose weight turned out to be easier than had been imagined.

(2) public health interventions may be ^{効果的な} effective.

(3) taking a bike ride is ^{好ましい} preferable to using the stairs.

(4) the risk of developing coronary heart disease can be reduced easily.

¶ 9 June Davison, ^{上級の}senior cardiac** nurse at the British Heart Foundation, said, "The ^{明確に思い出させてくれるもの}results of this study are a clear reminder that being regularly physically active can reduce the risk of dying from coronary heart disease***. The research suggests that just a modest increase in physical activity can have health benefits. Adults should aim to do (10)at least ^{期間}150 minutes of moderate activity a week, carrying it out in sessions of 10 minutes or more. Whether it's going for a walk, taking a bike ride or using the stairs ^{階段}instead of the lift, ^{エレベーター}keeping active every day will help reduce the risk of developing coronary heart disease.

5. The most ^{適切な}appropriate title for this ^{記事、論説}article would be
- (1) "The ^{長期にわたる}Long-Term Benefits of a Little Daily Exercise."
- (2) "A Way to Keep Your BMI Lower Than Obesity Levels."
- (3) "How to Overcome Coronary Heart Disease."
- (4) "What Is Needed to Lose Weight Effectively."

10. at least ^{手段}① by any means ^{場合}② in any case
- ③ not less than ④ not more than

英文法の間違った学習法「あるある」

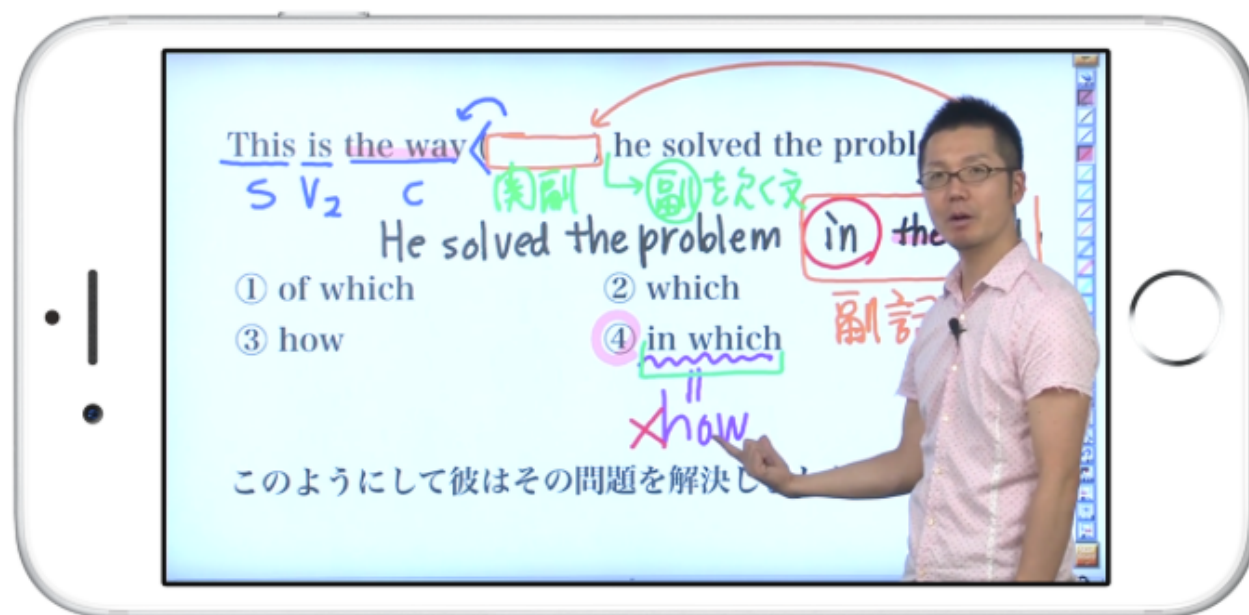
① 1冊の問題集を3周しました～！→答えを覚えているだけではないですか？

■違う問題集でも同じ正解率が出せるか確認する

② 合いました～！→なぜその答えになるのか、なぜ他の選択肢では間違いなのか、

説明できますか？何となく答えを覚えてるだけではないですか？

■なぜその答えになるのか、友達に、説明できるかどうかで確認する



“ 坂木先生のお陰で、
死ぬほど苦手だった英語の偏差値が、
36から62にあがりました！ ”



GENIUS動画英単語2200

¥1200



動画英文法2700

¥1200



GENIUS動画英熟語1000

¥1200

