

## 大学入試共通テストリスニング試験対策 019

## ■問題1 次の英文を和訳しなさい。

Why don't we pay a little more attention to our breathing? Breathing slowly and deeply helps us take in more oxygen. According to our study, doing slow breathing exercise, even for a short time, increases oxygen consumption by 37%. Some researchers suggest that slow breathing activates parts of the brain that reduce anxiety. Slow breathing could also be a simple solution when people have trouble sleeping. With slow, controlled breathing before going to bed, people wake up fewer times during the night. Several further studies have shown that a nose-breathing technique from yoga can have a lasting effect on reducing one's blood pressure. We should realize the potential benefits in our unconscious behavior.

2019年度 センター試験(追試)第3問A 改題

## ■問題2 英文を読んで、後の問いに答えなさい。

- (1) People have gone on to open routes in the sky as well. Since the invention of the airplane, these routes have made it possible for people to travel long distances easily. They found the best routes by considering conditions such as winds and air currents. Eventually, people became able to travel safely and comfortably high in the sky, and going vast distances only took a small amount of time. In fact, people used to need more than one month to travel to Europe from Japan by ship, whereas today they can travel between them in a single day by airplane. Owing to the establishment of these sky routes, a great number of people now travel around the world for sightseeing, visiting friends, and doing businesses.
- (2) Today, we have a new type of route, the Internet, which specializes in the electronic exchange of information. By using this worldwide route, people can easily obtain information that once was available mainly from books and face-to-face communication. They can also instantly send messages to large numbers of people all at once. According to one study, more than 3.5 billion people, which is about half of the global population, have access to this electronic route today. As technology advances, more and more people will take advantage of this route to gather information and communicate.
- (3) As long as there have been people, there have been routes to connect them. These have contributed not only to the movement of people, things, and information, but also to the development of our communities, economies, and cultures. Routes have played significant roles in the development and prosperity of humankind. Currently unknown routes will surely take us even further in the future.

2019年度 センター試験(本試)第6問(1)~(3)



## 問題

1

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113 words

## 問題 1

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113 words

私たちの呼吸についてももう少しだけ注意を払ってみてはどうでしょう。ゆっくりと深く呼吸をすることで私たちはより多くの酸素を取り入れることができます。私たちの研究によると、ゆっくりとした呼吸の訓練をすることで、たとえ短時間であっても、酸素の消費量が37%増加することがわかります。ゆっくりとした呼吸が不安を軽減する脳の一部を活性化するのだと提唱する研究者もいます。睡眠の問題を抱えている場合にも、ゆっくりとした呼吸は簡便な解決策となり得るでしょう。寝床に入る前にゆっくりと整えられた呼吸をすることで、夜間に中途覚醒する回数が少なくなります。さらにいくつかの研究によると、ヨガの鼻呼吸が血圧を下げる持続的な効果を持ちうると示されています。無意識の行動が潜在的な福利を齎すのだということを認識すべきです。

## ■問題 2

- (1) People have gone on to open routes in the sky as well. Since the invention of the airplane, these routes have made it possible for people to travel long distances easily. They found the best routes by considering conditions such as winds and air currents. Eventually, people became able to travel safely and comfortably high in the sky, and going vast distances only took a small amount of time. In fact, people used to need more than one month to travel to Europe from Japan by ship, whereas today they can travel between them in a single day by airplane. Owing to the establishment of these sky routes, a great number of people now travel around the world for sightseeing, visiting friends, and doing businesses.
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284 words

- (1) 人は空にも土曜に道を切り拓いてきました。飛行機の発明以来、こうした空路によって人々は長距離を容易に移動することができるようになってきたのです。風や気流の状況を熟慮することで最善の空路を見つけ出しました。ついには、我々は高高度を安全かつ快適に移動できるようになり、また長大な距離の移動にもわずかな時間しかかかりません。実際、ヨーロッパから日本まで船では1カ月以上を必要としていたものでしたが、今日では、飛行機で一日あればその間を移動できます。こうした航空路を築き上げたことによって、今では非常に多くの人々が、観光や友人の訪問、あるいは仕事のために世界中を移動しているのです。
- (2) 今日では、新しい形の道もあります。インターネットは、情報のやり取りに特化した電子的な道です。この世界中に通じる道を使うことで、我々は、かつては書籍や対面での交流を通して主に手にできていた情報を容易に手に入れることができます。また、とても多くの人々に対して同時に、瞬時にメッセージを送信することも可能です。ある研究によると、35億人を超える人々が、その数は地球人口の約半分に上りますが、今日ではこの電子的な通路にアクセスしています。技術が前進するにつれて、より一層多くの人々が、情報を収集し意思疎通をするためにこの通路を利用するようになるでしょう。
- (3) ひとが存在する限り、人々を繋ぐ道は存在し続けます。これらの道は、人や物や情報の移動のみならず、地域社会や経済、そして文化の発展にも寄与し続けています。道は人類の発展と繁栄において極めて重要な役割を果たしています。今はまだ知られていない道が、将来きっと我々をより遠い所へと導いてくれるでしょう。

A 第(2)段落は道についてどんなことを我々に伝えているか。

- 道は世界において目に見えない形で存在すると考えることもできる。
- ② 情報を伝達する経路は危険であると認識されることがある。
- ③ 道の基本的な機能は役割を終えつつある。
- ④ 異なる種類の道の重要性は同じである。

B [ 2 ] ② [ 3 ] ③

- ① 人や動物、自動車によって用いられる道の創造。
- ② 人が場所を飛行して移動するために作られた道。
- ③ 情報伝達のための地球規模の経路の創設。
- ④ 人が移動し、物資を輸送するための航路の開拓。







