

受験番号	
------	--

2017年度 立命館大学大学院  
スポーツ健康科学研究科【博士課程前期課程】  
入学試験問題

筆記試験 英語

試 験 時 間
9:30 ～ 10:30 (60分)

2017年2月12日（日）

持込許可物件：外国語辞書（ただし、電子辞書・専門用語辞書は不可）

《注意事項》

1. 配布された全ての用紙の所定欄に受験番号を記入すること。
2. 解答は日本語を用い、答案用紙に横書きで記入すること。
3. 問1は必ず解答すること。問2は、（A）か（B）のいずれか1問を選択し、  
答案用紙の所定欄に選択した問題記号を必ず記入した上で、解答すること。
4. 答案用紙は問題ごとに1枚、計2枚。
5. 試験終了後、配布した問題用紙等は全て回収する。

問1 以下の文章は、“Cigarette Smoking”というタイトルの文章である。英文を読み、日本語に全訳しなさい。【50 点】

The World Health Organization estimates that about one-third of the global adult population smokes. In the United States, the prevalence of adults (age18 and older) who smoke has declined by 40% since 1965. Approximately 21% of American women and 25% of American men are smokers. Globally, the prevalence of smoking is highest for men in Asian countries. About half of all men in Malaysia and Japan smoke, whereas in China, Cambodia and Korea 67% of men smoke. While the prevalence of smoking is falling in well-developed countries, tobacco consumption is rising in developing countries by 3.4% per year. Worldwide, 1 in 5 teenagers (13-15yr) is a smoker. Also, the risk of death from coronary heart disease (CHD) increases by 30% in those exposed to environmental tobacco smoke at home or at work.

Reprinted, with permission, from by V.H. Heyward, 2006, Advanced fitness assessment and exercise prescription (Champaign, IL: Human Kinetics), p. 10.

問 2 (A) 以下の文章は、“Active Children and Adolescents” というタイトルの文章である。英文を読み、日本語でその内容を要約しなさい。【50 点】

Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fatness. Their bones are stronger, and they may have reduced symptoms of anxiety and depression.

Youth who are regularly active also have a better chance of a healthy adulthood. Children and adolescents don't usually develop chronic diseases, such as heart disease, hypertension, type 2 diabetes, or osteoporosis. However, risk factors for these diseases can begin to develop early in life. Regular physical activity makes it less likely that these risk factors will develop and more likely that children will remain healthy as adults.

Youth can achieve substantial health benefits by doing moderate- and vigorous-intensity physical activity for periods of time that add up to 60 minutes (1 hour) or more each day. This activity should include aerobic activity as well as age-appropriate muscle- and bone-strengthening activities. Although current science is not complete, it appears that, as with adults, the total amount of physical activity is more important for achieving health benefits than is any one component (frequency, intensity, or duration) or specific mix of activities (aerobic, muscle-strengthening, bone-strengthening). Even so, bone-strengthening activities remain especially important for children and young adolescents because the greatest gains in bone mass occur during the years just before and during puberty. In addition, the majority of peak bone mass is obtained by the end of adolescence.

問 2 (B) 以下の文章は、“Positive Teacher-Student Relationships” という節の文章である。英文を読み、日本語でその内容を要約しなさい。【50 点】

Positive teacher-student relationships play an important role in the development of students' resilience and wellbeing. Resnick et al. (1997), for example, found that young people who reported having a close and positive relationship with teachers were less likely to use drugs and alcohol, attempt suicide or self-harm, behave in violent ways or engage in sexual behaviour at an early age. Close, warm and affectionate teacher-student relationships are also associated with children's social competence at both preschool level and primary school level.

The quality of the teacher-student relationship has also been shown to be one of the most significant factors influencing student-learning outcomes. Many studies have found that children with close, positive teacher-student relationships achieve more highly, have more positive attitudes towards school, are more engaged in the learning that occurs in the classroom and are less likely to repeat a grade.

Many researchers and educators have argued that relationships with students cannot just be left to chance and that it is a teacher's professional responsibility to ensure that they establish a positive relationship with each student. Both teachers and students believe that fostering positive relationships with students is a core aspect of what effective teachers do. When evaluating whether or not their teacher is a 'good teacher', students tend to focus most on the interpersonal quality of their relationship with them.