

2024（令和6）年度 神奈川県立保健福祉大学
学校推薦型選抜、特別選抜（社会人、帰国生徒）、編入学

入学者選抜

小論文試験
問題用紙

- 試験時間は90分です。
- 指示があるまでは中を見てはいけません。
- 解答はすべて解答用紙に記入してください。

問題 次の英文を読み、以下の設問に答えなさい。

Are you an active couch potato? Take this two-question quiz to find out:

Did you work out for 30 minutes today?

Did you spend the rest of the day staring at your computer and then settle in front of the television at night?

If you answered yes to both questions, then you meet the definition of ① what scientists call “an active couch potato.” It means that, despite your commitment to exercise, you could be at risk for a variety of health problems, according to a sweeping new study of how people move—or don’t move—throughout the day.

The study, which involved more than 3,700 men and women in Finland, found that many dutifully exercised for a half-hour, but then sat, almost nonstop, for another 10, 11 or even 12 hours a day. These were the study’s active couch potatoes, and their blood sugar, cholesterol and body fat all were elevated. But the study found, too, that men and women who got up and moved around even a little more often, whether by strolling gently or fitting in more exercise, were substantially healthier than the active couch potatoes. The results tell us that a single 30-minute, daily workout “might not be enough” to alleviate ^(註1) the downsides ^(註2) of prolonged sitting, said Vahid Farrahi, a postdoctoral ^(註3) scientist at the University of Oulu and lead author of the new study. In other words, if we exercise but also sit for the rest of the day, it’s almost as if we had not worked out at all. The good news is that a few simple steps—literal and otherwise—should safeguard ^(註4) us from becoming an active sofa spud ^(註5).

(中略) The World Health Organization and other experts advise us to work out moderately for a minimum of 30 minutes most days of the week. A brisk ^(註6) walk counts as moderate exercise. Substantial scientific evidence shows this half-hour of exertion buoys ^(註7) our health, spirits and life span. The problem is ② how we spend the remaining 23½ hours a day.

“It’s only in the last five years or so that we’ve begun to understand that physical activity isn’t the whole story,” said Raija Korpelainen, a professor of health exercise at the University of Oulu in Finland and co-author of the new study. In the past, most research examined sitting and exercise separately, and tended to ignore or downplay ^(註8) light activities such as ambling ^(註9) to the mailbox or fetching another cup of coffee.

So, for the new study, which was published in July in Medicine & Science in Sports & Exercise^{*1}, Korpelainen and her co-authors turned to a large trove ^(註10) of data about almost every child born in Northern Finland decades ago. As they grew, researchers tracked their lives and health and, after the group became adults, asked 3,702 of them to wear a scientific-grade activity tracker for at least a week. The researchers could see, in six-second increments ^(註11), whether someone was sitting, lightly strolling or formally exercising throughout the day. Because the trackers were measuring movement, standing counted as inactivity, like sitting. With that data, they characterized people, rather bluntly ^(註12), by how they moved.

The active couch potatoes, who accounted for almost a third of the group, sat the most, lounging ^(註13) for more than 10 hours a day. They met recommended exercise guidelines—getting about 30 daily minutes of moderate exercise. But after that, they rarely got up, accumulating fewer than 220 minutes a day of light movement. Another group likewise worked out for 30 minutes and sat for long hours. But, in between, they rose often and strolled about. (1) the active couch potatoes, they spent about 40 percent more time—nearly an extra 90 minutes each day—in what the researchers call “light activity.” A third group sat, uninterrupted, for up to 10 hours, but also amassed ^(註14) about an hour of exercise most days. The final group, which the researchers rightly dubbed ^(註15) “the movers,” did just that, exercising about an hour most days, while also moving lightly for about two hours more than the active couch potato group. When the researchers cross-checked these groups against people’s current health data, the active couch potatoes had the worst blood sugar control, body fat percentage and cholesterol profiles. The other groups were all better off and to about the same extent, with relatively improved blood sugar control and cholesterol levels and about 8 percent less body fat than the active couch potatoes, even when the researchers controlled for income, smoking, sleep habits and other factors.

(中略) The lesson from the research is that in addition to a brisk workout, we need to move lightly and often, cleaning, taking the stairs, strolling the halls or otherwise not remaining still. The sweet spot in this study involved about 80 or 90 extra minutes of light activity, “but any additional movement should be beneficial,” Farrahi said. You can also try to squeeze in a little more exercise. In this study, people benefited if they doubled their workouts to 60 minutes, total. But, again, “do what you can,” Korpelainen said. Just adding an extra 10 or 15 minutes to a daily walk will matter, she said, even if you do not quite manage an hour of exercise.

“The goal is to be (2),” said Matthew Buman, a professor at Arizona State University in Tempe^{*2}, who studies movement and metabolism but was not part of the new study. “We can each decide how best to get there.” (後略)

出典：Gretchen Reynolds, “How sitting all day can cause health problems—even if you exercise” *The Washington Post*
<<https://www.washingtonpost.com/wellness/2022/09/14/meet-active-couch-potato-how-sitting-all-day-can-erase-workout/>>

(2022年9月14日掲載、最終アクセス2023年9月29日、一部改変)

- (注1) alleviate：緩和する (注2) downside：マイナス面 (注3) postdoctoral：博士号取得後の
(注4) safeguard：守る (注5) sofa spud：couch potatoと同義 (注6) brisk：キビキビした
(注7) buoy：支える (注8) downplay：軽視する (注9) amble：のんびり歩く
(注10) trove：宝の山 (注11) increment：単位 (注12) bluntly：はっきりと
(注13) lounge：ゆったり座る (注14) amass：寄せ集める (注15) dub：(人をニックネームで) 呼ぶ

*1 学術雑誌 *2 アメリカ合衆国アリゾナ州の地名

問1 本文中の(1), (2)に入る最も適切なものを選び、記号で答えなさい。

- (1) ア Along with イ Compared with ウ Except for エ Regardless of
(2) ア sitting less イ taking the stairs ウ using less screens エ working more

問2 下線部①what scientists call “an active couch potato”とは、具体的にどのような行動をとる人のことを指すか。日本語30文字以上40文字以内で答えなさい。

問3 本文の内容と一致しているものはどれか。次の(ア)～(オ)から2つ選び、記号で答えなさい。

- (ア) Farrahi氏らの新しい研究によると、運動に熱心に取り組んでいれば、健康問題を引き起こす可能性はない。
(イ) Farrahi氏は、毎日30分の運動をすれば十分であると述べている。
(ウ) Korpelainen氏らの研究グループは、北フィンランド生まれの子どもが大人になったときの活動量を計測した。
(エ) Korpelainen氏らの研究結果では、連続10時間座っていたが、毎日約1時間の運動を行っていたグループの健康データが最も良かった。
(オ) Korpelainen氏は、1時間の運動が十分にできない場合でも、毎日の散歩を15分程度追加することが大事だと述べている。

問4 下線部②how we spend the remaining 23½ hours a dayについて、あなたはどのように考えますか。本文の内容を踏まえて、あなたの考えを日本語650文字以上800文字以内で述べなさい(字数は厳守すること。active couch potatoを使用する際は、アクティブカウチポテトとカタカナで表記すること)。

