

# 2026 年度中京大学大学院入試

\* 著作権の都合により、実際の入試問題から出典表記を一部改めています

スポーツ科学研究科 スポーツ科学専攻

博士前期(修士)課程

[ 後期日程 ]

一般用

【 外国語：英語 I 】

10時00分～12時00分

2026 年度中京大学大学院スポーツ科学研究科 博士前期(修士)課程 [後期日程]  
[ 外国語:英語 I ]

問題 : 次の英文の下線部 (1) ~ (10) を和訳しなさい。

(1) Knowing what to do in the event of a close encounter with a bear was once a concern only for hikers and foragers in Japan. (2) Now, however, people in populated areas are being urged to learn how to protect themselves following a spate of attacks, as the animals leave their natural habitats in search of food.

Bear encounters are generating almost daily headlines. In the past week in Akita prefecture, the animals attacked a jogger and a walker in built-up areas, while another <sup>\*1</sup>terrorised four people before holing up inside a nearby house. (3) None of the victims was seriously injured.

However, some encounters have been fatal: (4) according to the environment ministry, nine people have died across the country since April – the highest annual total on record.

In response, authorities and media are stepping up their advice on how to avoid a nasty encounter.

(5) The consensus is that anyone who finds themselves face to face with a bear should avoid eye contact and sudden movements, and back away slowly without turning their back on the animal.

(6) They should not attempt to run or scale a tree – feats that bears perform with far greater speed and agility than humans.

If a mauling seems inevitable, experts advise victims to lie on the ground face down and protect their heads and necks.

In a study released at the weekend, experts at Akita University said those measures tended to result in less serious injuries after surveying 70 people who had been injured in attacks in Akita prefecture – a bear hotspot. (7) All seven of the respondents who had laid face down and used their hands to protect their head and neck escaped serious injury, the study said.

Other preventative measures include carrying a bell or whistle while out walking, and staying in groups, since bears rarely approach multiple people. Repellent spray is considered the most effective precaution, but is not easily available in Japan. The list of don'ts includes hiking at dusk and dawn, when bears are at their most active, and never to discard food or other rubbish.

There are an estimated 44,000 Asian black bears in Japan – found in many areas but particularly in the north – and 12,000 larger Ussuri brown bears, found on the northernmost island of Hokkaido.

(8) Changing <sup>\*2</sup>behaviour among Japan's large and growing bear population is thought to be behind the surge in incidents, particularly in Hokkaido and other regions in the north.

Hungry bears have been spotted in towns and villages – places they were once reluctant to roam – amid a decline in harvests of acorns and beechnuts, according to experts.

(9) There is also evidence that warmer winters caused by the climate crisis are forcing the animals to hibernate later than usual, which raises the likelihood of an encounter. And rural depopulation has created zones of overgrown farmland that blur the natural *satoyama* woodland that separates mountains from villages.

(10) Akita and other local governments are struggling to address the surge in attacks, amid a shortage of licensed hunters. The prefecture's governor, Kenta Suzuki, said on social media that he was considering asking Japan's military – the self-<sup>\*3</sup>defence forces – for help, according to the Kyodo news agency.

\*1 terrorised (米語 : terrorized) \*2 behaviour (米語 : behavior) \*3 defence (米語 : defense)

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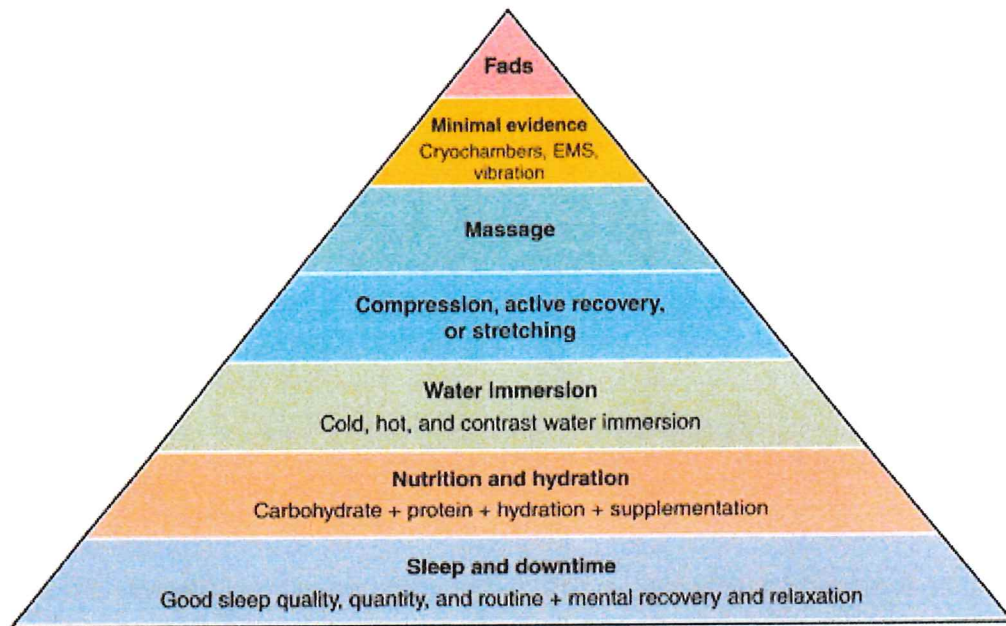
問題：(1)から(10)の下線部を日本語に訳しなさい。

(1)Recovery from the stressors of training or competition (or both) is complex and varied depending on the demands placed on the athlete. The area of athlete recovery has grown considerably, and the incorporation of recovery strategies into high-performance programs has become routine. Alongside the increase in the practical usage of recovery strategies has come an increase in research examining these strategies. (2)Although there is still more work to be done to fully examine the mechanisms and the efficacy of many recovery strategies, currently sufficient evidence is available regarding many interventions to enable practitioners to make informed decisions for incorporating recovery into a high-performance program.

While research on the effects of recovery on performance continues to advance, not all of this research has concurrently investigated the underlying mechanisms of the various recovery strategies. Therefore, many of the exact mechanisms of recovery are unclear. (3)Research in this area typically uses varying measures of performance (specific to the type of exercise performed and fatigue induced), markers of muscle damage and inflammation (e.g., creatine kinase, myoglobin), changes in blood flow, and perceptual measures of recovery, fatigue, and soreness. (4)In general, the aim of recovery is to decrease the time taken to return the body to homeostasis, from both a physiological and a psychological perspective. Therefore, the majority of recovery strategies target the metabolic and mechanical or cognitive alterations (or both) that result from exercise. (5)Common recovery strategies typically target muscle or body temperature, muscle soreness and inflammation, blood flow, and mental fatigue.

The recovery pyramid presented in figure 23.1 outlines the main recovery strategies currently being used in high-performance sport. (6)The recovery pyramid is built on the foundation of sleep, followed by nutrition and hydration. These three areas have the potential for the greatest impact on athletic performance. (7)This foundation can then be built upon by incorporating other strategies such as hydrotherapy, compression, and massage, which have been the focus of less research attention. (8)The top of the pyramid includes strategies based on minimal or no evidence and may be considered fads that are momentarily popular.

This pyramid can be used to provide advice and education to athletes regarding prioritization of recovery strategies. For example, the base is the most important aspect to focus on and can have the highest influence on recovery and performance. (9)The middle section of the pyramid may also be effective and can be appropriate when used in a comprehensive recovery plan. However, these strategies should be incorporated only once the foundation of the pyramid has been addressed. (10)The top of the pyramid includes emerging strategies that may have little or no evidence and, therefore, their effectiveness is unknown or questionable. These strategies should either be avoided or used with the knowledge that they may be ineffective. Importantly, these recovery strategies may be undertaken in place of more effective techniques, thereby decreasing the effectiveness of the overall recovery plan.



**FIGURE 23.1** The recovery pyramid.

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