

群馬県立県民健康科学大学大学院（第2次募集）

看護学研究科看護学専攻（博士前期課程）

2025年度 一般選抜・社会人特別選抜試験問題

外国語試験問題

群馬県立県民健康科学大学大学院

外国語試験問題 問題用紙

以下の文章を読んで、問に答えなさい。

①Sitting for more than seven hours a day increases the possibility of developing breast cancer in women by nearly 40 percent, a new study showed.

A research team from Kyoto Prefectural University of Medicine and other organizations concluded that a lack of muscle movement when sitting may cause poor blood circulation.

“It’s best to sit less every day and frequently exercise, rather than doing all your exercise in your free time,” said Satomi Tomida, a researcher of endocrinology^{*注1} and breast surgery at Kyoto Prefectural University of Medicine.

②Recent studies found that prolonged sitting has adverse effects on health, increasing the risk of heart attacks, cerebrovascular diseases and diabetes. The World Health Organization^{*注2} also recommends reducing sedentary behavior.

Japanese spend more time sitting than many other countries, with data showing a median of seven hours per day.

The draft guidelines for physical activity and exercise, compiled by the health ministry’s panel of experts^{*注3}, also advise against extended periods of sitting.

STAND MORE

③Focusing on breast cancer, the most common cancer among Japanese women, the research team surveyed about 36,000 women aged 35 to 69 regarding their health, time spent sitting and other lifestyle habits.

During a follow-up period with a median duration of 9.4 years, 554 of these women developed breast cancer.

For their analysis, the research team used a method that removes the influence of other breast cancer risks, such as age, body mass index (BMI), smoking, drinking, family history of breast cancer, childbirth experience and the presence or absence of hormone therapy.

④The results showed that women who sat for over seven hours a day had a 36 percent higher risk of developing breast cancer than women who sat less.

The study also examined whether exercise during their spare time could reduce the risk of breast cancer for those who sat for more than seven hours a day.

⑤The research team compared individuals who walk more than an hour a day, engage in exercise equivalent to jogging for over an hour a week, or exercise three times or more a week, with those who engage in less physical activity.

⑥The results showed the risk of developing breast cancer was still higher in those who sit more than seven hours a day compared to those who don't, regardless of how much exercise the person did.

“The amount of time spent sitting may be a bigger factor in the development of breast cancer than exercise,” Tomida said.

She recommends standing and stretching after sitting for a long time, using the stairs whenever possible and finding time to exercise during breaks in routines.

⑦ “Regardless of gender, Japanese who spend long periods sitting have an increased risk of death associated with lifestyle-related diseases, such as the accumulation of visceral fat, high blood pressure and diabetes,” said Teruhide Koyama, a lecturer in epidemiology at Kyoto Prefectural University of Medicine.

“It’s also important for men to sit less and to improve blood flow by exercising their muscles even while seated,” he said.

出典: Rintaro Sakurai, Study: Sitting too long raises the risk in women for breast cancer, The Asahi Shimbun (電子版), December 15, 2023.

(<https://www.asahi.com/ajw/articles/15084702>) アクセス日: 2024年11月7日

*注1 endocrinology: 内分泌学

*注2 the World Health Organization: WHO (世界保健機構)

*注3 the health ministry’s panel of experts: 厚生労働省の専門家委員会

問 下線部①～⑦の日本語訳を記述しなさい。

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(第2次募集)

受験番号	氏 名

外国語試験問題 解答用紙1

問

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外国語試験問題 解答用紙 2

問（2ページ目）

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得 点

注 意 事 項 （外国語試験）

- 1 外国語の試験時間は、11時10分～12時40分です。
- 2 英和辞典の持ち込み及び使用を認めます（付箋等が貼られていないもの）。ただし、電子辞書の使用は認めません。
- 3 試験問題用紙の表紙が願書提出時の選抜区分であることを確認してください。
- 4 問題用紙は2枚、解答用紙は2枚です。
- 5 すべての解答用紙の所定の欄に、必ず受験番号・氏名を記入してください。
- 6 解答は、すべて解答用紙に記入してください。ただし、※印欄には記入しないでください。
- 7 問題用紙・解答用紙に不鮮明な部分や汚れなどがある場合は、声を出さずに手を挙げて、監督員の指示に従ってください。
- 8 試験中に質問や用便などの用件がある場合も、声を出さずに手を挙げて、監督員の指示に従ってください。
- 9 試験開始後は途中退室を認めません。
- 10 問題用紙・解答用紙を持ち帰ることはできません。
- 11 不正行為や、他の受験生に迷惑となる行為をした場合は、退場させることがあります。