

I. Read the following article and answer the questions on pages 2 and 3.

The long spring windup is over. Major League Baseball begins tonight, and the biggest challenges will be to win and to also stay out of the doctor's office.

(A) Using your arm to throw a baseball 95 miles an hour or more has long been considered about as natural an act for a human as flapping them while jumping off a cliff. Almost every pitcher in the major leagues (B) surgery at some point in his career – often several times. Many have six-inch scars running up their elbows and shoulders like luggage zippers, where ligaments* and tendons** have been moved from other parts of their bodies.

Pitching is a biomechanical wonder, says Dr. Vonda Wright, an orthopedic*** surgeon at the University of Pittsburgh Medical Center. A ball thrown by a professional player takes less than a half-second from the time of release until it hits the catcher's mitt some 60 feet away.

Accelerating the ball from zero to more than 90 miles an hour is a task so demanding, Dr. Wright says, that a pitcher's shoulder and elbow experience highly stressful forces with every pitch. And, Dr. Wright says, "a pitcher has to recreate that amazing force 100 times a game." It's no wonder, then, that pitchers usually have to rest for four days after every game.

The frequency of pitching injuries has led some baseball experts to (C) handicap a team's championship chances not by its ability to avoid defeats, but to avoid orthopedists. The common expression has evolved from "Pitching wins championships" to "You can't have enough pitching" to "Whoever's pitchers stay healthiest will win."

Teams have grown more protective of their pitchers over the past 20 years -- thanks largely to guaranteed contracts, which discourage teams from burning out arms -- and have embraced the use of pitch limits. Whereas Nolan Ryan would often throw 150 pitches in a game, few pitchers today reach 120 or even 110 without negative comments from the team's management and the public.

Debates continue over how 90 pitches can be far more strenuous for a pitcher than 120 depending on the types of pitches and the tightness of the game.

"I think that you don't have a set, fast rule, but you pay close attention when that pitcher gets up around 100 pitches," the St. Louis Cardinals pitching coach, Dave Duncan, says. "You do all of the things that you can to give him the best chance to be at his best during the course of the season. Part of that is to not (D) run him into the ground at any particular point in time."

Starting this spring, Little League Baseball, which has 2.3 million young players worldwide, will use total pitches (instead of innings) to determine when a pitcher must leave the game. (E)

(注) *ligament: 靭帯(じんたい) **tendon: 腱(けん) ***orthopedic: 整形外科の

1. Choose the most appropriate title for the article from the choices below.
 - a. 'A Biomechanical Wonder' and Pitch Limits
 - b. Little League Baseball Rules Change
 - c. Major League Baseball Begins Player Limits
 - d. Pitching and Shoulder Surgery

2. Choose the most appropriate word for (B) in the article.
 - a. undergoes
 - b. underlies
 - c. undermines
 - d. undertakes

3. Which word can be substituted for (C) in the article?
 - a. adjust
 - b. transfer
 - c. erase
 - d. increase

4. Teams have become increasingly more protective of their pitchers in all these ways, EXCEPT FOR:
 - a. Pitch limits have been instituted on Major League Baseball teams.
 - b. Contracts guarantee that employment is not dependent on the number of pitches.
 - c. Both team management and the public keep a close eye on pitch numbers.
 - d. The past 20 years have taught baseball many things about pitch limits.

5. Which phrase is the closest in meaning to (D) in the article?
 - a. tire him easily
 - b. train him up
 - c. wear him out
 - d. work him out

6. Which of the following is the reason that Little Leagues are changing their pitching rules?
- a. Considering the number is 2.3 million, there are too many Little League players worldwide.
 - b. Among 2.3 million Little League players, there are too many pitchers worldwide.
 - c. In order to minimize injuries, Little League pitchers will be taken out of the game when they reach their pitching limit.
 - d. There are many rules changing in the Little Leagues this spring.
7. Choose the best possible conclusion sentence for (E).
- a. All Little League pitchers must rest for four days after a game.
 - b. Pitchers can repeat a difficult action many times.
 - c. Pitching can be done by young beginners or by professionals.
 - d. Such a change should lead to healthier Little League pitchers.
8. According to the article, which of the following is true?
- a. Both Major League Baseball and Little League Baseball follow the exact same pitching rules.
 - b. In the past, pitchers were not negatively affected by pitching more than 150 times per game.
 - c. Ninety pitches per game may be as physically challenging as 120.
 - d. Pitching is a completely natural physical and biomechanical phenomenon.

次の問題 , の解答は記述式解答用紙に記入しなさい。

Translate the underlined part (A) in the article into Japanese.

If Major League Baseball sets pitch limits, what do you think will change? Why? Write your answer within 25 words in English. [Please write the number of words in (words) on your answer sheet.]

II. Use FOUR paragraphs from [L]–[P] on page 5 to complete the following passage (9-12).

Shortness Heightens Heart Risk: Short People Have a Higher Risk of Heart Disease

9.

10.

But researchers say that short people should not worry unduly. There are also other factors like weight, lifestyle habits such as smoking, drinking, and exercise that contribute to heart risk.

11.

12.

L

This does not mean that tall people are protected against heart disease, only that short adults should pay attention and realize their increased risk.

M

What's most important for maintaining a healthy heart is to exercise regularly, eat a healthy and balanced diet, stop smoking, and watch your weight.

N

Studies showed that there is a strong link between stature and heart disease risk, although the reason is not conclusively clear. It could be that shorter people have shorter blood vessels to the heart, which may make it easier to clog.

O

The fact is, eating a more plant-based diet can boost your health, whether you're a vegetarian or not. Vegetarian meals focus on fruits and vegetables, dried beans, whole grains, seeds, and nuts.

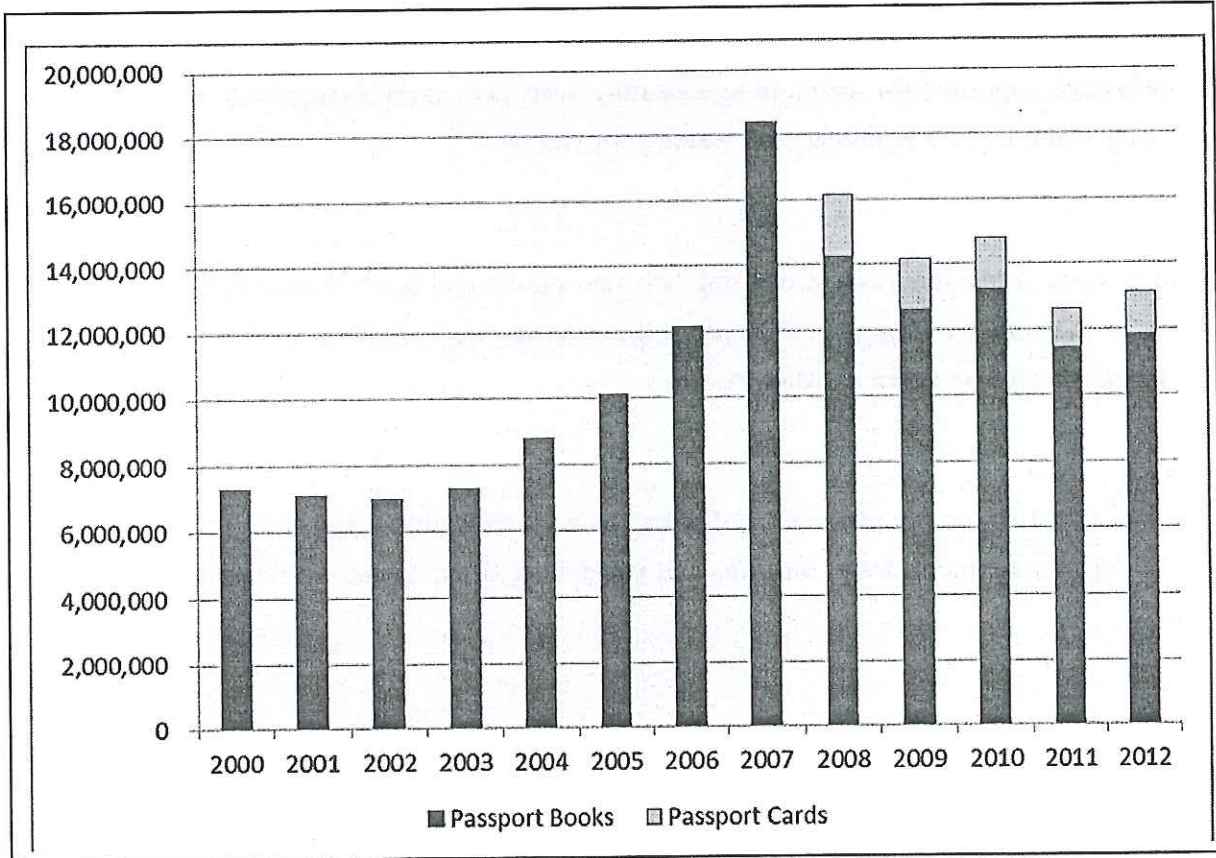
P

Finnish researchers suggested in the *European Heart Journal* that women under 153cm and men shorter than 165cm are 1.5 times more likely to develop and die from heart disease.

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|-----|------|------|------|------|
| 9. | a. M | b. N | c. O | d. P |
| 10. | a. N | b. O | c. P | d. L |
| 11. | a. O | b. P | c. L | d. M |
| 12. | a. P | b. L | c. M | d. N |

III. Based on the graph and table below, choose the most appropriate answer to fill in each blank (13-24).

Passports Issued by Fiscal Year



	Passport Books	Passport Cards
2000	7,292,182	0
2001	7,119,506	0
2002	7,001,482	0
2003	7,300,667	0
2004	8,825,410	0
2005	10,123,424	0
2006	12,133,537	0
2007	18,382,798	0
2008	14,236,976	1,895,560
2009	12,625,453	1,544,718
2010	13,238,212	1,556,392
2011	11,440,061	1,173,092
2012	11,825,684	1,300,145

The State Travel Department of the United States of America reports the number of new passport books and passport cards that are issued each year. In 2000, the number of passport books issued was (13) 7 million. This number (14) for several years, but began climbing in 2004. Surprisingly, the number of passport book applications dramatically (15) in 2007 and reached a record (16). Taking into consideration the current economy and financial climate, passport book applications are expected to remain steady for the next several years.

Although passport books are the majority of documents that are issued by the government, the number of passport cards is projected to (17) in the future as the public becomes more familiar with their existence, the necessary application procedure becomes more streamlined, and the availability of the cards increases. (18), despite the fact that passport cards are easy to obtain, most of the American population prefers passport books (19) their acceptance by all countries, rather than just neighboring countries. (20) a passport book, a passport card is a simple and inexpensive option. For a first-time applicant, a passport card costs \$55, which is significantly less than a passport book which costs \$195.

(21) cost, passport books and passport cards have another significant difference. If your travel plans include entering Canada, Mexico, the Caribbean, or Bermuda by ship, (22) by air, then a passport card is highly recommended. In case of air travel, even to neighboring countries, a passport book is still (23). These laws may change in the future as the technology used in identification documents becomes more sophisticated. Unfortunately, (24) that time, U.S. citizens must continue to apply for a traditional passport book.

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|-----|------------------|------------------|--------------------|--------------------|
| 13. | a. approximately | b. as for | c. as of | d. highly |
| 14. | a. kept value | b. kept parallel | c. remained uneasy | d. remained stable |
| 15. | a. declined | b. halted | c. increased | d. stabilized |
| 16. | a. 0.183 million | b. 1.83 million | c. 18.3 million | d. 0.183 billion |
| 17. | a. decrease | b. rise | c. stabilize | d. withdraw |
| 18. | a. Consequently | b. However | c. Moreover | d. Subsequently |
| 19. | a. about to | b. due to | c. regardless of | d. up to |
| 20. | a. According to | b. Based on | c. Compared to | d. Focused on |
| 21. | a. Because of | b. Besides | c. Such as | d. Unlike |
| 22. | a. but for | b. except for | c. for example | d. instead of |
| 23. | a. applied | b. issued | c. rejected | d. required |
| 24. | a. at | b. by | c. on | d. until |

IV. Based on the following dialogue, answer the questions (25-34).

Wakamatsukawada Station Café – Monday, 10:30am

Tomoko: Good morning, David! Did you bring the latest copy of *Café Magazine*?

David: Here you go. My boss wants you to fill out a survey, though.

Tomoko: Okay, what kind of survey is it?

David: It's a reader survey. My company is doing research on people who read the magazine.

Tomoko: Let's take a look at it. I don't have a pen, so would you mind writing for me?

David: Sure, no problem. Let's look at the first question.

Tomoko: You already know the answer to that question! I read every issue, but I get it from you.

David: Right.

Tomoko: As for the next question, I can't remember if I got it from you at first, or if I saw it at a café at Shinjuku Station. Do you remember?

David: Hmm, do you remember when that was?

Tomoko: Well... I guess it must have been 4 or 5 years ago, which is before I met you.

David: Got it.

Tomoko: How long do I read the magazine? Do they mean at one time or in total?

David: That's a good question. (A)She didn't say.

Tomoko: If they mean at one time, then I read for over 30 minutes. But if it means in total, then I probably read one issue for over 5 hours.

David: That's so long! I didn't know that you liked the magazine that much. I'll write the total time.

Tomoko: Let's see, why am I interested in this magazine?

David: I can answer that one. You like to visit new cafés introduced in *Café Magazine* and I work for the magazine.

Tomoko: I don't think I can write two answers, though, so let's just write the first one.

David: Last question. What do you think about the price?

Tomoko: That's really funny! I get it from you, though, so it's free.

David: Just imagine that you are paying for it, then!

Tomoko: I like the magazine a lot, but that price is pretty high. I could buy 5 cups of coffee for that! It's just an okay value to me.

David: That's the end of the survey. Thanks a lot, this will help my boss out.

Tomoko: (B)No, thank you very much. I'm going to stay here and read it for now. Do you want to meet for lunch later?

David: Sounds great, but I'd better (C) first. I'll text you later, okay?

Tomoko: Okay, bye!

Suppose you are Tomoko, select the appropriate answer (a-d) for the questions (25-29), which appear in the reader survey.

-----***Reader Survey***-----

25. How often do you read *Café Magazine*?

- a. Always
- b. Sometimes
- c. Rarely
- d. This is my first issue.

26. How did you start reading *Café Magazine*?

- a. I saw it in a library or in a shop.
- b. It was advertised somewhere.
- c. It was at a café.
- d. Someone gave me a copy.

27. How long do you read *Café Magazine*?

- a. Less than 30 minutes
- b. 1 or 2 hours
- c. 3 or 4 hours
- d. Over 5 hours

28. Why are you interested in *Café Magazine*?

- a. I enjoy the articles and/or photography.
- b. I like to visit the cafés featured in *Café Magazine*.
- c. I own/manage/work in a café.
- d. I study about or teach about topics in *Café Magazine*.

29. *Café Magazine* costs ¥1,350 per issue. What do you think about this price?

- a. *Café Magazine* offers a great value for the price.
- b. *Café Magazine* offers a very good value for the price.
- c. *Café Magazine* offers an average value for the price.
- d. *Café Magazine* offers a very poor value for the price.

-----***Reader Survey***-----

30. Who does (A) she in the dialogue refer to?
- a. *Café Magazine* publisher
 - b. David
 - c. David's boss
 - d. Tomoko
31. Which part of line (B) should be most stressed in spoken conversation?
- a. No
 - b. thank
 - c. you
 - d. very
32. Choose the most appropriate expression for (C) to complete the sentence.
- a. go home
 - b. go to lunch
 - c. return the magazine
 - d. return to the office
33. Which sentence can be inferred about Tomoko and David?
- a. Tomoko and David are colleagues.
 - b. Tomoko and David are friends.
 - c. Tomoko is David's boss.
 - d. Tomoko works at a café.
34. David will text Tomoko later on Monday. What will he most likely write?
- a. "Are you ready to eat?"
 - b. "Let's meet at 18:30."
 - c. "My boss said no."
 - d. "OK, see you tomorrow."