

九州ルーテル学院大学
2026年度一般選抜（I期）試験問題
帰国生及び私費外国人留学生選抜試験問題

英 語

2026年 2月 7日（土）実施

注 意

- 1 「開始」の合図があるまで、試験問題を開かないこと。
- 2 問題は ～ で、5ページまでである。
- 3 「開始」の合図があったら、受験番号を解答用紙の受験番号欄に記入すること。
- 4 答えは、すべて解答用紙に記入すること。
- 5 「終了」の合図があったら、ただちに筆記用具を置き、解答用紙を裏返しにすること。
- 6 解答用紙のみ回収するため、問題冊子は持ち帰ること。

1 次の英文の空所に入れるのに最も適当な選択肢を(1)～(4)の中から1つ選び、その番号を書きなさい。

問1 My uncle is going to () from work at the age of 65.

- (1) receive (2) resemble (3) respect (4) retire

問2 He likes to buy () produced vegetables and fruits.

- (1) likely (2) literally (3) logically (4) locally

問3 They found a nice apartment. The only problem is that the rent is very ().

- (1) high (2) low (3) quiet (4) reasonable

問4 His first language is German, but he also has a good () of Italian.

- (1) command (2) commission (3) compact (4) comparison

問5 Can you imagine what life will be like 100 years () now?

- (1) at (2) by (3) from (4) in

問6 The bus was delayed () heavy snow.

- (1) because (2) due to (3) for (4) through

問7 It's important to reduce waste. Let's try to throw away as () as possible.

- (1) fast (2) few (3) little (4) long

問8 All of a sudden, a cat showed up in from of us out of ().

- (1) anywhere (2) everywhere (3) nowhere (4) wherever

問9 Taro is planning to study in Australia when he () high school in Japan.

- (1) finish (2) finished (3) finishes (4) will finish

問10 These parks, () were once sites of battle, are now places of common ground.

- (1) they (2) those (3) when (4) which

2 次の会話の空所に入れるのに最も適当な選択肢を(1)～(4)の中から1つ選び、その番号を書きなさい。

問1 Mary: Hi, Bill. Will you give me a ride to the airport this Saturday?

Bill : () What time do you need to get there?

Mary: 11:30 a.m.

(1) After you. (2) Go, ahead. (3) Not at all. (4) Sure, no problem.

問2 Mary: This online English news channel is from Malaysia.

Bill : Is that right? ()

Mary: Yes, English is an international language.

(1) They speak English? (2) What's new in Malaysia?
 (3) Is Malaysian food popular everywhere? (4) Are you studying its culture?

問3 Mary: I quit my job at the bookstore.

Bill : What are your plans now?

Mary: ()

Bill : How about working at a restaurant?

(1) Here you go. (2) We should do it more often.
 (3) I'm not sure yet. (4) Yes, you should get one more often.

問4 Mary: I want to eat something hot.

Bill : ()

Mary: I'd love to eat spicy curry.

Bill : OK, let's get some together.

(1) Are you going to eat that later? (2) Do you mind if I eat it all?
 (3) What do you have in mind? (4) You don't mind about that, do you?

問5 Mary: What do you think of this song?

Bill : It's not really the kind of music I like.

Mary: ()

Bill : I can't relax when rap music is playing.

(1) What was your first impression? (2) When do you listen to music?
 (3) Who told you that? (4) Oh? Why not?

- 3 次の日本語の意味になるように、下の語句を並べ替えたとき、(①)と(②)に入るものはどれか。その番号を答えなさい。ただし、文頭にくる単語であっても小文字で始めてある。

問1 私たちのチームがその試合に勝つには、やるべきことはまだたくさん残っている。

There's still () (①) () () (②) () our team to win the match.

(1) a lot (2) for (3) do (4) need (5) to (6) we

問2 昨日よりも少し多く雨が降った。

It rained () (①) () () (②) ().

(1) a (2) heavily (3) little (4) more (5) than (6) yesterday

問3 どんなに金持ちであっても、愛情を買うことはできない。

() (①) () () (②) (), you can't buy love.

(1) are (2) how (3) matter (4) no (5) rich (6) you

問4 その俳優が若者の間でこれほど人気になったのはなぜですか。

What () (①) () () (②) () young people?

(1) has (2) made (3) popular (4) so (5) the actor (6) with

問5 彼が教室に戻ると、机にメモが貼ってあった。

When he returned to the classroom, () (①) () () (②) ().

(1) a note (2) attached (3) his desk (4) there (5) to (6) was

4 英文を読んで設問に答えなさい。

The saying “No pain, no gain” has been around for a long time in English. It means that to succeed or improve, you need to go through some discomfort or work hard. People often say it to encourage others to train harder or push themselves during exercise. But when it comes to lifting weights, how much pain is actually necessary?

According to fitness experts, the answer depends on your personal fitness goals. For years, some trainers have recommended a method called “①training to failure.” This means doing an exercise until you can’t complete even one more repetition. While this can be useful in some cases, recent research suggests that it may not be the best approach for everyone. Michael Zourdos, a professor at Florida Atlantic University, says that failure training might be helpful for people who want to grow their muscles as much as possible.

Zourdos and his team reviewed 55 studies for a report published in *Sports Medicine*. ②They found that while lifting to failure can help build bigger muscles, it isn’t necessary for increasing strength. People can still improve their fitness and health without reaching the point of exhaustion. Zourdos pointed out that there is a difference between training for health and training for peak athletic performance.

For most people who simply want to get fit, ③pushing themselves close to failure—but not all the way—can still be very effective. Zourdos said stopping about five to ten repetitions before failure is enough to see benefits. However, training to failure does come with some risks. It can leave you extremely sore or tired, which might cause you to skip your next workout. In rare cases, it can even be harmful. One serious example is a condition called rhabdomyolysis, in which damaged muscles break down and may harm the kidneys.

James Fisher, a sports science expert from Southampton, England, said most people don’t enjoy pushing themselves to complete exhaustion. He explained that if you train harder, you can spend less time at the gym. The key, though, is consistency. Fisher believes the best workout is the one people will actually stick with. He also said that strength training is one of the best things people can do for their health and lifespan. For experienced individuals, failure training can be added occasionally, especially at the end of a workout—but it’s not something that should be done every time.

(<https://learningenglish.voanews.com> “How Hard Should You Train?”を改変)

*discomfort 苦痛 repetition 繰り返し exhaustion 極度の疲労
rhabdomyolysis 横紋筋融解症 kidney 腎臓

問1 第1段落の内容と一致する選択肢を（ア）～（エ）から1つ選び、その記号を書きなさい。

- （ア） Everyone should lift weights until they cannot move to see progress.
- （イ） Fitness experts say pain is more important than personal goals when training.
- （ウ） Success requires effort, but weightlifting pain may not be necessary.
- （エ） The saying means people should avoid working hard to stay healthy.

問2 下線部(1)はどのような人にとって役立つと本文では述べられているか。10～20字の日本語で答えなさい。

問3 下線部(2)を日本語に直しなさい。

問4 下線部(3)の表す内容に最も近いものを1つ選び、その記号を書きなさい。

- （ア） Going until you can't continue will give the best results.
- （イ） Resting early works as well as exercising to the max.
- （ウ） Stopping just before your limit can lead to good progress.
- （エ） You must always train to exhaustion to see results.

問5 本文の内容と一致しないものを（ア）～（エ）から1つ選び、その記号を書きなさい。

- （ア） Strength training helps your body, keeps you healthy, and can help you live longer.
- （イ） The best workout is one you can do regularly and won't give up on.
- （ウ） Training for health is different from training like a top athlete or performer.
- （エ） Training to failure helps people recover quickly and feel great for their next workout.

問6 本文の要約として最も適切なものを（ア）～（エ）から1つ選び、その記号を書きなさい。

- （ア） Failure training should be avoided by everyone, regardless of their fitness level.
- （イ） Fitness experts say everyone should feel pain during workouts to see results.
- （ウ） Stopping before failure offers almost no benefits and just wastes workout time.
- （エ） Training near failure can help fitness, but training to failure comes with risks.

九州ルーテル学院大学

2026 年度一般選抜（I期）試験 / 帰国生及び私費外国人留学生選抜試験

『英語』 解答用紙

受験番号									
------	--	--	--	--	--	--	--	--	--

得点	
----	--

1

問1	問2	問3	問4	問5	問6	問7	問8	問9	問10

2

問1	問2	問3	問4	問5

3

問1	①	②	問2	①	②	問3	①	②
問4	①	②	問5	①	②			

4

問1	
問2	
問3	
問4	
問5	
問6	

『英語』出題の意図・解答例

■出題の意図

本学の入学試験における英語科目では、大学入学後の学修の基盤となる英語力を測定することを目的として、以下の観点から出題を行った。

出題内容(英文法、表現法および長文読解)については、将来的に専門分野の英語論文等を読解する際に求められる、論旨を的確に把握するための基礎的な知識・技能を問うものである。あわせて、与えられた情報をもとに論理的に考察し、適切に判断し、自らの考えを英語で表現する力、すなわち 英語による思考力・判断力・表現力を総合的に評価することを意図している。

■解答例

1

問1	問2	問3	問4	問5	問6	問7	問8	問9	問10
4	4	1	1	3	2	3	3	3	4

2

問1	問2	問3	問4	問5
4	1	3	3	4

3

問1		問2		問3		問4		問5	
①	②	①	②	①	②	①	②	①	②
6	3	3	5	3	6	2	3	6	5

4

問1 ウ

問2 可能な限り筋肉を大きくしたい人

筋肉をできるだけ大きくしたい人

問3 彼らは、限界まで持ち上げることがより大きな筋肉を作るのに役立つ一方で、筋力を高める ためには必ずしも必要ではないことを発見した。

問4 ウ

問5 エ

問6 エ