

**第4問** 次の問い(A・B)に答えよ。(配点 40)

A 次の文章はある説明文の一部である。この文章を読み、下の問い(問1～4)の 

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 に入れるのに最も適当なものを、それぞれ下の①～④のうちから一つずつ選べ。

Sports coaches and players are interested in how training programs can be designed to enhance performance. The order of practice potentially facilitates learning outcomes without increasing the amount of practice. A study was conducted to examine how different training schedules influence throwing performance.

In this study, elementary school students threw a tennis ball at a target laid on the floor. They threw the ball from three throwing locations at distances of 3, 4, and 5 meters from the target. The target consisted of the center (20 cm wide) and nine larger outer rings. They served as zones to indicate the accuracy of the throws. If the ball landed in the center of the target, 100 points were given. If the ball landed in one of the outer zones, 90, 80, 70, 60, 50, 40, 30, 20, or 10 points were recorded accordingly. If the ball landed outside of the target, no points were given. If the ball landed on a line separating two zones, the higher score was awarded.

The students were assigned to one of three practice groups: Blocked, Random, or Combined. All students were instructed to use an overarm throwing motion to try to hit the center of the target with the ball. On the first day of this study, they each completed a total of 81 practice throws. Students in the Blocked group threw 27 times from one of the three throwing locations, followed by 27 throws from the next location, and ended practice with 27 throws from the final location. In the Random group, each student threw the ball 81 times in the order of throwing locations that the researchers had specified. No more than two consecutive throws were allowed from the same location for this group. In the Combined group, the students started with a blocked schedule and gradually shifted to a random schedule. On the next day, all students completed a performance test of 12 throws.

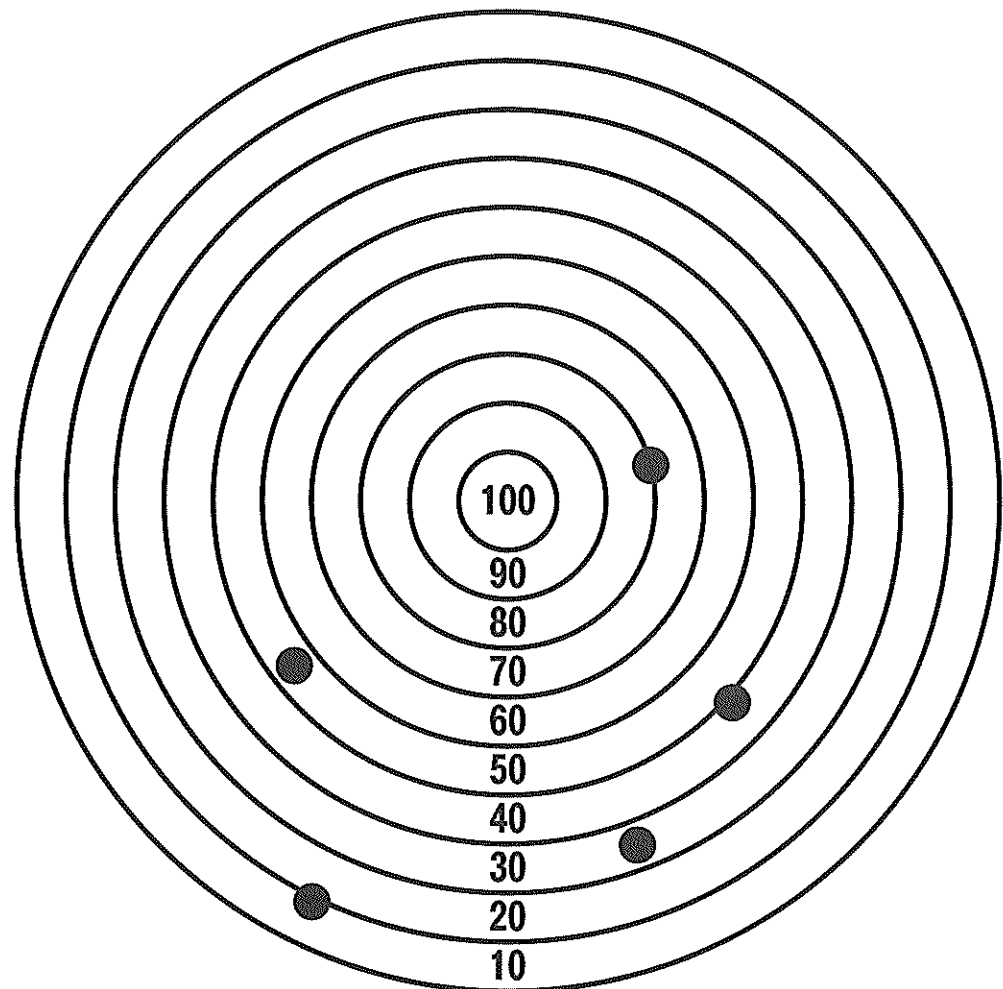
Results showed that during the practice of 81 throws, the Blocked group performed worse than the other two groups. Performance test scores were also analyzed. The Combined group showed the best performance among the three groups, followed by the Random group and then by the Blocked group. It is still uncertain if similar results can be obtained for adults in training programs for other throwing actions, such as those seen in bowling, baseball, and basketball. This will be addressed in the following section.

(Esmaeel Saemi 他(2012) *Practicing Along the Contextual Interference Continuum: A Comparison of Three Practice Schedules in an Elementary Physical Education Setting* の一部を参考に作成)

問 1 What is the total score achieved by the five throws in this figure?

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- ① 200
- ② 210
- ③ 220
- ④ 230



問 2 Which of the following statements is true about the experiment?

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- ① Eighty-one throws were made from the same initial throwing location in the Blocked group.
- ② The distance from the target remained unchanged during the entire experiment for the Combined group.
- ③ The set of throws from the same location involved various ways of throwing for the Combined group.
- ④ Throwing three or more times in a row from the same location was against the rules for the Random group.

問 3 Which of the following statements is true about the results?

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- ① The Blocked group had the best score both during practice and on the performance test.
- ② The Blocked group showed the worst score among the three groups on the performance test.
- ③ The Combined group showed lower accuracy than the Random group on the performance test.
- ④ The Random group had the lowest accuracy both during practice and on the performance test.

問 4 What will most likely be discussed next in this report?

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- ① Mental imagery training of underhand throws
- ② Observation of younger students' movements
- ③ Overarm throws with eyes closed
- ④ Various kinds of throwing motions

(下 書 き 用 紙)

英語(筆記)の試験問題は次に続く。

**B** 次のページにあるフリーマーケットの出店申請の説明を読み、次の問い(問 1～4)の **37** ～ **40** に入れるのに最も適当なものを、それぞれ下の ①～④のうちから一つずつ選べ。

**問 1** Fran will sell her handmade jewelry on both days. She needs only a small space. How much will it cost? **37**

- ① \$14                      ② \$16                      ③ \$18                      ④ \$20

**問 2** Pat wants to sell some big household items, including a refrigerator, so she needs an outdoor space. What offer can she take advantage of? **38**

- ① Free assistance in setting up her tent  
② Full cash refund due to cancelation  
③ Selection of the location of her space  
④ Use of a large truck free of charge

**問 3** Mark makes herbal soaps and candles. He has chosen an indoor space. Which of the following will he be allowed to do? **39**

- ① Choose a space close to the sink to get water easily  
② Have a bowl of water for customers to try his soaps  
③ Keep his pet hamsters in a cage at his booth  
④ Let his customers light some sample candles

**問 4** Which of the following is true about this flea market? **40**

- ① People are discouraged from selling items they created.  
② People can throw away anything in the same trash can.  
③ The organizers choose applicants who apply for both days.  
④ The organizers provide information about schedule updates.

### Greenly Fall Flea Market

We are now accepting applications for the Fall Flea Market at Greenly Sports Center! Please bring your used and/or handmade goods. We have only a limited number of spaces and accept applications in order of arrival, so email your application soon. We are a pet-friendly market, but if you are planning to bring your pet, you must apply for an outdoor space. For outdoor spaces, the organizers will help set up tents for no extra charge. Trucks are available for additional fees if you need to transport your goods.

	<b>Saturday, October 3rd (13:00 – 17:00)</b>	<b>Sunday, October 4th (10:00 – 15:00)</b>
Indoor space (2 × 2 meters)	\$8	\$10
Outdoor space (4 × 4 meters)	\$9	\$11

- Water is available for indoor spaces.
- If you apply for both Saturday and Sunday, you'll get a \$2 discount each day.

#### **Keep in Mind**

1. Location of the spaces is decided by the organizers. No requests or changes are possible.
2. Any changes in opening and closing times are announced two days in advance.
3. If you cancel your application, 80% of all fees will be refunded.
4. Garbage must be separated and put into the appropriate garbage cans at the end of each day.
5. Fires and open flames are prohibited.