

平成30年度 人間総合科学研究科コーチング学専攻

外国語（英語）問題

注意事項

解答は、指定の解答用紙を用いること。

受験番号： \_\_\_\_\_

氏 名： \_\_\_\_\_

## 英語問題

【問題 下記の英文を読んで、設問に答えなさい】

The competition schedule is usually set by the sport governing bodies, and in their decision ①they are concerned (A) the championship or league competitions only. The ( 1 ) may, however, decide to select preparatory or exhibition contents also, according to the time available and specific objectives. Selecting and planning competitions are paramount processes in training that can enhance or adversely affect peaking (B) the major contents.

Misinterpretations often exist about selection procedures and the coach's role in the decision-making process. Some coaches follow the belief that athletes have to participate ( C ) every available competition with all possible effort. Obviously, in such a case ( 2 ) constantly experience stressful activities that might not lead to an optimal season climax. Similarly, such a heavy game or contest schedule requires many regeneration dates, ②which disturbs the normal course of training. The intense psychological stress ( 3 ) require to reach an adequate state of arousal for each competition is also a concern. Neglecting these two aspects may facilitate undesirable consequences, reflected through poor peaking for the main competition of the year.

Another unusual procedure for selecting competitions is coaches telling the athletes to make the decision. In most cases, the ( 4 ) obviously do not have the knowledge to use the proper methodological guideline for selecting and planning a competition. Consequently, the leadership should come from the coach who may decide to employ one of the two methods of planning the competition calendar for the annual plan: the grouping or the cyclic approach.

The grouping approach refers to the method of planning 2 or 3 weeks in a row, during which the athletes take part ( D ) tournaments or competitions, participating in several events or races per weekend. As illustrated by figure10.9, such a phase is usually followed by a macrocycle of training only, allowing the athletes to train for another 2 or 3 weeks of group competitions.

Tudor O Bompa 『Periodization : theory and methodology of training / by Tudor O. Bompa. – 4th ed.』 Human Kinetics p.306, 1999 を一部改変

平成30年度 人間総合科学研究科コーチング学専攻入学試験 解答用紙  
外国語(英語)

受験番号 : \_\_\_\_\_ 氏名 \_\_\_\_\_

問1 (A)、(B)、(C)、(D)に入る語句として正しいもの1つを下記の語句の中から選びなさい。  
(4×3=12)

A ( ) B ( ) C ( ) D ( )  
with / for / in / at / by / to

問2 (1)から(4)には coach(es) か athlete(s)のいずれかの語句が当てはまる。下記のそれぞれにおいてどちらか正しい方に○をつけなさい。(4×5=20)

- (1) coach(es) ・ athlete(s)  
(2) coach(es) ・ athlete(s)  
(3) coach(es) ・ athlete(s)  
(4) coach(es) ・ athlete(s)

問3 下線部が指すものを日本語で答えなさい。(2×5=10)

下線部① \_\_\_\_\_

下線部② \_\_\_\_\_

問4 本文において述べられているコーチの最も重要な役割を1つ答えなさい。(18)

\_\_\_\_\_  
\_\_\_\_\_

問5 two aspectsとは何か、日本語で答えなさい。(2×10=20)

\_\_\_\_\_  
\_\_\_\_\_

問6 本文の内容に合致するものに○、合致しないものに×をつけなさい。(4×5=20)

- ( ) 可能な限り試合に出場し、すべてに全力を出すことが大切である。  
( ) コーチが選手に試合選択決定を任せるべきである。  
( ) トレーニング計画には、トレーニングに集中するサイクルを配置させるべきである。  
( ) 選手は主要な試合に向けてピーキングを高めたり、低下させたりすることがある。