

문 10. 다음 글의 요지로 가장 적절한 것은?

Whether it's Beyonce's "Naughty Girl," Taylor Swift's "Untouchable" or Eminem's "Lose Yourself" that inspires you to work out harder, everyone knows that listening to tunes during exercise is a proven way to boost your workout performance and duration. The faster the better, right? High-tempo music — the type that equates to about 170 heartbeats per minute — reduces perceived effort and boosts cardiovascular benefits more than lower tempos, according to a new study published Sunday in the journal *Frontiers in Psychology*. Music can arouse and boost mood before exercise, dampen perceptions of pain and fatigue during a workout, and inspire bursts of effort, performance and endurance, researchers discovered.

- ① 운동 후에 음악을 들으면 피로감이 감소한다.
- 빠른 템포의 음악을 들으면서 운동하면 운동의 효율이 높아진다.
- 음악은 근력 운동 시 사람의 심리 상태를 불안하게 할 여지가 있다.
- ④ 빠른 템포의 음악은 분당 170회의 심장 박동수에 해당하는 템포의 음악을 말한다.

문 11. 다음 글의 주제로 가장 적절한 것은?

Dubai is one of the hottest and driest places on earth. In the past, there was no air-conditioning, or even electricity. How did people in Dubai survive in this severe weather? They invented a type of air-conditioning that did not require electricity: the wind tower. A wind tower stands tall above a house. It catches the wind and moves it inside. The air is cooled down when it meets cold water that flows through the underground canal in the building. This air cools the inside of the building. The buildings are made with thick walls and have small windows; these help keep cool air in and heat out. Most houses are built very close together with high walls and ceilings. This also helps create more shade and reduce heat. Although modern buildings in Dubai are air-conditioned and no longer use wind towers for cooling, wind towers still remain an important architectural symbol in Dubai.

- 1 the history of air-conditioning systems
- 2 different ways to build towers in Dubai
- 3 the difficulties of living in a dry climate
- (4) how houses were traditionally cooled in Dubai

문 12. 다음 글의 제목으로 가장 적절한 것은?

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According to the Stockholm International Peace Research Institute's annual report in 2017, the United States accounts for more than a third of worldwide military spending. China is second in military spending, but its expenditures are only a third of those of the United States. Russia spends about a ninth as much. U.S. efforts to get European allies to bear more of the defense burden have been largely unsuccessful, although Britain, France, and Germany spend more per capita on defense than any country except the United States.

- ① China's Growing Military Power
- 2 Europeans' Need for Military Power
- ③ A Gap in Worldwide Military Spending
- ④ U.S. Efforts to Spend More on the Military

문 13. 다음 글의 내용과 일치하지 않는 것은?

The most common injuries incurred in physical activity are sprains and strains. A strain occurs when the fibers in a muscle are injured. Common activity-related injuries are hamstring strains that occur after a vigorous sprint. Other commonly strained muscles include the muscles in the front of the thigh, the low back, and the calf. A sprain is an injury to a ligament — the connective tissue that connects bones to bones. The most common sprain is to the ankle; frequently, the ankle is rolled to the outside when jumping or running. Other common sprains are to the knee, the shoulder, and the wrist.

- Both sprains and strains are likely to occur in physical activity.
- 2 You can hurt your hamstrings after a powerful sprint.
- 3 Jumping or running can cause an ankle sprain.
- ④ You are more likely to sprain your shoulder than your ankle.

※ 어법상 옳지 않은 것을 고르시오. [문 14.~문 15.]

- \pm 14. (1) He is the person I need to talk to about my daughter.
 - ② My final exams are starting next week, so I've got to study hard.
 - ③ This story was about the incidents that were happened in the 1920s.
 - ④ I was just going to clean the office, but someone had already done it.

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- \pm 15. (1) The speaker said a few thing that was interesting.
 - 2 We saw John coming back with a drink in his hand.
 - ③ This book is one of the best novels I have ever read.
 - 4 We were absolutely amazed at the response to our appeal.

문 16. 주어진 문장이 들어갈 위치로 가장 적절한 것은?

Animals move for many reasons.

All animals move about in certain ways during their lives. They may swim, walk, crawl, run, fly, or swing through trees. However, all animal movements have something in common. (①) When an animal moves, its nervous system, muscular system, and skeletal system work together in three stages. (②) First, an animal's nervous system receives a signal from the environment. Second, its nervous system processes the signal. (③) Finally, its nervous system signals the muscles, which contract, causing the skeleton to move. (④) They move to obtain food, defend and protect themselves, maintain homeostasis, and find mates.

문 17. 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

Television is addictive. For example, when a set breaks, most families rush to have it repaired, often renting one if the repair process takes longer than a day or two.

- (A) At first, most volunteers did well, reporting that they were spending more time with their children, reading, and visiting friends. Then, within a month, tension, restlessness, and quarreling increased.
- (B) Not one volunteer lasted more than five months without a television set. Once the sets were on again, people lost their anxieties and returned to normal.
- (C) When "nothing's on TV," people experience boredom with their lives, not knowing what to do with themselves. Perhaps the best example of television addiction was an experiment in Germany in which 184 volunteers were paid to go without television for a year.
- (1) (A) (B) (C)
- (B) (A) (C)
- (B) (C) (A)
- (4) (C) (A) (B)

문 18. 글의 흐름상 가장 어색한 문장은?

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Vervet monkeys use a variety of alarm calls to warn each other of different kinds of predators. ① <u>A vervet</u> monkey that emits a loud bark communicates to the rest of the group that a leopard has been spotted. ② This type of alarm call sends everybody up to the trees. ③ <u>A short, interrupted, cough-like sound means that an</u> eagle is near, and monkeys hurry to take cover under thick bushes. ④ The vervet monkeys are rarely found in most Asian countries. If a snake has been seen by a member of the troupe, he or she will make a soft whirring noise that immediately prompts everybody to stand up and look around the grass cautiously.

문 19. 밑줄 친 부분에 들어갈 말로 가장 적절한 것은?

For some young people, school is the only place in their lives where they know they are safe and can form trusted, enduring relationships. It is, therefore, a ______ that many students who are affected by trauma also have trouble engaging at school. They may attend school with the best of intentions, hoping to form friendships, feel connected to their teachers, and succeed at the day's tasks. Yet they can find themselves defiant, demanding, and disengaged—unable to learn and confused about why they can't relate and bond with others.

- ① cruel irony ② perfect solution
- ③ classroom activity ④ learning opportunity

문 20. 밑줄 친 부분에 들어갈 말로 가장 적절한 것은?

There's one problem with the pessimist's perspective: progress is taking place everywhere. Humanity has improved by many measures - life expectancy, education, religious tolerance, and gender equality. But that success has become the water in which we swim, and like fish, we take the water for granted. While we fail to notice the positive, our brains naturally emphasize the negative. As neuropsychologist Rick Hanson described in his 2013 book Hardwiring Happiness, we are designed to focus on the beasts that are still out there in the deep rather than on those we have tamed. But with practice, we can . Hanson's advice: when you hear a great story, achieve something in your own life, or just find yourself in a beautiful place with those you love, deliberately rest your mind on that experience and stay with it.

- (1) help our brains give the good stuff equal weight
- 2 gradually adjust to the pessimistic viewpoint
- ③ altogether avoid seeking out optimism
- 4 be left feeling helpless and anxious

(A)책형

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