# 은지영어 고1 모의고사 변형 26년09월29번

## 29-01

어법 판단 (밑줄형) · 객관식

**다음 글의 밑줄 친 (a)~(e) 중, 어법상 틀린 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms (a) by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, (b) which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, (c) offering a more rapid and accessible source for the body. However, this anaerobic pathway is (d) characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity are manifestations of anaerobic saturation (e) resulted from the overload.

① (a)
② (b)
③ (c)
④ (d)
⑤ (e)

## 29-02

어법 선택 (괄호형) · 객관식

**(A), (B), (C)의 각 네모 안에서 어법에 맞는 표현으로 가장 적절한 것은?**

In order (A) [to comprehend / comprehending] the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more (B) [rapid and accessible / rapid and accessibly] source for the body. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted (C) [to deliver / deliver] sufficient oxygen, the system is compelled to utilize anaerobic processes.

① to comprehend — rapid and accessibly — to deliver
② comprehending — rapid and accessible — deliver
③ to comprehend — rapid and accessibly — deliver
④ to comprehend — rapid and accessible — to deliver
⑤ comprehending — rapid and accessibly — to deliver

## 29-03

어휘 적절성 (밑줄형) · 객관식

**다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its (a) absence. The latter relies exclusively on glucose for energy production, offering a more (b) rapid and accessible source for the body. However, this anaerobic pathway is characterized by its (c) inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly (d) comforting. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise (e) diminishes as the metabolism transitions from anaerobic to aerobic respiration.

① (a) ② (b)
③ (c) ④ (d)
⑤ (e)

## 29-04

어휘 선택 (괄호형) · 객관식

**(A), (B), (C)의 각 네모 안에서 문맥에 맞는 낱말로 가장 적절한 것은?**

Anaerobic respiration occurs in the absence of oxygen and relies exclusively on glucose for energy production, offering a more (A) [rapid / gradual] and accessible source for the body. It functions as a supplementary mechanism or a temporary power surge during periods of oxygen deficiency. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive (B) [accumulation / reduction] of lactic acid. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism (C) [transitions / remains] from anaerobic to aerobic respiration.

① rapid — reduction — remains
② gradual — accumulation — transitions
③ rapid — reduction — transitions
④ gradual — reduction — remains
⑤ rapid — accumulation — transitions

## 29-05

빈칸 추론 (단어/구) · 객관식

**다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity are manifestations of _____. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing.

① nutritional deficiency
② respiratory adjustment
③ aerobic efficiency
④ glucose consumption
⑤ anaerobic saturation

## 29-06

빈칸 추론 (절/표현) · 객관식

**다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration and anaerobic respiration. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because _____, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

① the body prefers anaerobic respiration for long-term endurance
② the respiratory apparatus has not yet adjusted to deliver sufficient oxygen
③ aerobic respiration is more toxic than anaerobic respiration
④ glucose levels in the blood remain consistently high
⑤ lactic acid is quickly removed by the circulatory system

## 29-07

순서 배열 · 객관식

**주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen.

(A) Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body.

(B) However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity are manifestations of anaerobic saturation.

(C) This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is prepared, exercise feels easier.

① (B) — (A) — (C)
② (A) — (C) — (B)
③ (A) — (B) — (C)
④ (C) — (B) — (A)
⑤ (B) — (C) — (A)

## 29-08

문장 삽입 · 객관식

**글의 흐름으로 보아, 주어진 문장이 들어가기에 가장 적절한 곳은?**

Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. ① Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. ② The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. ③ However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. ④ This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. ⑤ Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes.

## 29-09

내용 일치/불일치 · 객관식

**다음 글의 내용과 일치하지 않는 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. It functions as a supplementary mechanism or a temporary power surge during periods of oxygen deficiency. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity are manifestations of anaerobic saturation. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

① Exercise becomes easier after a warm-up because the body switches to aerobic respiration.
② Lactic acid buildup during intense exercise can lead to muscle weakness and sweating.
③ Anaerobic respiration is a more efficient way to produce energy than aerobic respiration.
④ The body relies on anaerobic processes when the respiratory system fails to supply enough oxygen.
⑤ Anaerobic respiration provides energy more quickly than aerobic respiration by using only glucose.

## 29-10

주제/제목/요지 · 객관식

**다음 글의 주제로 가장 적절한 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. It functions as a supplementary mechanism or a temporary power surge during periods of oxygen deficiency. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity are manifestations of anaerobic saturation. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

① How to Prevent Lactic Acid Accumulation Through Intense Training
② The Mechanisms of Energy Production and Their Impact on Exercise Difficulty
③ Why Aerobic Respiration is Essential for Short-Term Power Surges
④ The Differences Between Respiratory Systems in Humans and Animals
⑤ The Importance of Glucose as the Primary Energy Source for Athletes

## 29-11

무관한 문장 · 객관식

**다음 글에서 전체 흐름과 관계 없는 문장은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. ① Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. ② The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. ③ Athletes are advised to consume high-protein meals to enhance their muscle recovery after training. ④ However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. ⑤ This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing because the respiratory system has not yet adjusted to deliver sufficient oxygen.

## 29-12

요약문 완성 · 객관식

**다음 글의 내용을 한 문장으로 요약하고자 한다. 빈칸 (A)와 (B)에 들어갈 말로 가장 적절한 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

While anaerobic respiration provides a(n) _____(A)_____ energy source during oxygen shortages, it eventually leads to physical discomfort until the body _____(B)_____ to aerobic respiration.

① immediate — shifts
② inefficient — returns
③ gradual — converts
④ stable — adheres
⑤ sustainable — adapts

# 29-13

보기 조합형 · 객관식

**다음 글의 내용과 일치하지 않는 것만을 〈보기〉에서 있는 대로 고른 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. It functions as a supplementary mechanism or a temporary power surge during periods of oxygen deficiency. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity are manifestations of anaerobic saturation. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

보기

ⓐ Aerobic respiration requires oxygen to produce energy.

ⓑ Anaerobic respiration is a slower process than aerobic respiration.

ⓒ Lactic acid is a byproduct of anaerobic energy production.

ⓓ The body uses glucose exclusively for aerobic respiration.

ⓔ Muscle weakness after a workout is caused by anaerobic overload.

ⓕ The respiratory system immediately provides enough oxygen during intense exercise.

ⓖ Exercise becomes easier once the body switches to aerobic respiration.

① ⓐ, ⓑ, ⓓ, ⓖ
② ⓐ, ⓒ
③ ⓑ, ⓕ
④ ⓑ, ⓓ, ⓕ
⑤ ⓒ, ⓖ

## 29-14

어법 조합형 · 객관식

**다음 밑줄 친 ⓐ~ⓕ 중, 어법상 틀린 것끼리만 짝지은 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid source for the body ⓐ itself. During periods when ⓑ does the body not have enough oxygen, it functions as a supplementary mechanism. The sensations of nausea, muscular debility, and perspiration that follow intense physical activity ⓒ are manifestations of anaerobic saturation. This phenomenon clarifies why the initial phase of vigorous exercise ⓓ it frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared, the difficulty of exercise ⓔ is diminishes as the metabolism ⓕ transitions to aerobic respiration.

① ⓑ, ⓓ, ⓔ
② ⓐ, ⓑ
③ ⓐ, ⓒ, ⓕ
④ ⓑ, ⓒ
⑤ ⓒ, ⓓ

## 29-15

어휘 조합형 · 객관식

**다음 밑줄 친 부분 중 문맥상 낱말의 쓰임이 적절하지 않은 것끼리만 짝지은 것은?**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration and anaerobic respiration. The latter relies exclusively on glucose for energy production, offering a more ⓐ rapid and accessible source for the body. However, this anaerobic pathway is characterized by its ⓑ efficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. The sensations of nausea and muscular debility are manifestations of anaerobic saturation. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly ⓒ distressing. Because the respiratory apparatus has not yet adjusted to deliver ⓓ insufficient oxygen, the system is ⓔ forbidden to utilize anaerobic processes. Consequently, once the body is adequately prepared, the difficulty of exercise ⓕ diminishes.

① ⓑ, ⓓ
② ⓐ, ⓓ
③ ⓐ, ⓒ
④ ⓑ, ⓓ, ⓔ
⑤ ⓑ, ⓒ, ⓔ

## 29-16

어법 고쳐쓰기 · 서술형

**다음 글에서 어법상 틀린 곳을 2곳 찾아 바르게 고쳐 쓰시오.**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms what the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration and anaerobic respiration. The latter relies exclusively on glucose for energy production, offering a more rapid source for the body. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelling to utilize anaerobic processes.

## 29-17

본문 빈칸 완성 · 서술형

**다음 글의 내용에 맞게 빈칸에 알맞은 단어를 쓰시오.**

Anaerobic energy is generated only with glucose and it's quicker and easier for our bodies to access. It's a kind of backup system when the body doesn't have enough oxygen. But (1)_____ energy is inefficient and can be toxic, creating too much (2)_____. The sickness and muscle weakness you experience after you've pushed it too hard is the feeling of overload.

## 29-18

조건 영작 · 서술형

**다음 우리말을 [조건]에 맞게 영작하시오.**

**[우리말]: 이 과정은 왜 격렬한 운동의 초기 단계가 흔히 매우 고통스럽게 느껴지는지를 설명해 준다.**

**[조건]**
**1. It ~ that 강조구문을 사용할 것**
**2. 15단어 내외로 작성할 것**

> **이 과정은 왜 격렬한 운동의 초기 단계가 흔히 매우 고통스럽게 느껴지는지를 설명해 준다.**
>
> [조건] It ~ that 강조구문을 사용할 것
> [조건] 15단어 내외로 작성할 것

## 29-19

주제 영작 · 서술형

**다음 글의 주제를 영작하고자 할 때, 주어진 단어를 활용하여 영작하시오.**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration and anaerobic respiration. The latter relies exclusively on glucose, offering a more rapid source. However, this anaerobic pathway leads to the excessive accumulation of lactic acid. Consequently, once the body is adequately prepared, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

respiration / athletic / performance / transition / anaerobic / aerobic

# 29-20

요약 서술형 · 서술형

**다음 글의 내용을 한 문장으로 요약하고자 한다. 빈칸에 들어갈 알맞은 단어를 글에서 찾아 쓰시오. (어형 변화 가능)**

In order to comprehend the impact of respiration on physical exertion, one must initially grasp the mechanisms by which the human organism derives energy from nutrients and oxygen. Two distinct pathways exist: aerobic respiration, which utilizes oxygen, and anaerobic respiration, which occurs in its absence. The latter relies exclusively on glucose for energy production, offering a more rapid and accessible source for the body. However, this anaerobic pathway is characterized by its inefficiency and potential toxicity, as it leads to the excessive accumulation of lactic acid. This phenomenon clarifies why the initial phase of vigorous exercise is frequently perceived as highly distressing. Because the respiratory apparatus has not yet adjusted to deliver sufficient oxygen, the system is compelled to utilize anaerobic processes. Consequently, once the body is adequately prepared through warming up, the difficulty of exercise diminishes as the metabolism transitions from anaerobic to aerobic respiration.

Physical distress during early exercise occurs because the body relies on (1)_____ energy before (2) _____ respiration becomes fully active.

# 은지영어 고1 모의고사 변형 26년09월29번 · 정답 및 해설

**빠른 정답** 01 ⑤ 02 ④ 03 ④ 04 ⑤ 05 ⑤ 06 ② 07 ③ 08 ⑤ 09 ③ 10 ② 11 ③ 12 ① 13 ④ 14 ① 15 ④ 16 서술 17 서술 18 서술 19 서술 20 서술

## 29-01 어법 판단 (밑줄형) (객관식)

**정답: ⑤ (e) resulted → resulting**

[정답 해설]
(e)가 포함된 문장에서 'anaerobic saturation'과 'result'의 관계를 따져보면, 포화 상태가 과부하로부터 '기인하는' 능동의 관계이므로 과거분사가 아닌 현재분사 resulting을 써야 한다. (a)는 전치사+관계대명사 구조로 뒤에 완전한 절이 이어지므로 적절하다. (b)는 선행사 aerobic respiration을 부연 설명하는 관계대명사의 계속적 용법으로 적절하다. (c)는 주절의 내용을 부연 설명하는 분사구문으로 능동형이 적절하다. (d)는 주어인 pathway가 특징지어지는 수동의 상태이므로 과거분사가 적절하다.
해석: 격렬한 신체 활동 후에 나타나는 메스꺼움, 근육 약화, 그리고 땀은 과부하로부터 기인하는 무산소 포화 상태의 징후들이다.

## 29-02 어법 선택 (괄호형) (객관식)

**정답: ④ (A) to comprehend (B) rapid and accessible (C) to deliver**

[정답 해설]
(A) 'In order to-부정사' 구문으로 '~하기 위해서'라는 목적을 나타내므로 to comprehend가 적절하다. (B) 명사 source를 수식하는 형용사구가 필요하므로 형용사인 rapid와 accessible이 병렬 구조로 연결되어야 한다. (C) adjust는 뒤에 목적어나 보어로 to-부정사를 취하여 '~하도록 조정되다/적응하다'라는 의미를 형성하므로 to deliver가 적절하다.
해석: 호흡이 신체 활동에 미치는 영향을 이해하기 위해서, 인간의 유기체가 영양분과 산소로부터 에너지를 얻는 메커니즘을 먼저 파악해야 한다.

## 29-03 어휘 적절성 (밑줄형) (객관식)

**정답: ④ (d) comforting → distressing**

[정답 해설]
글의 맥락상 운동 초기에는 호흡계가 산소 공급을 따라가지 못해 무산소 호흡에 의존하게 되고, 이로 인해 젖산이 축적되어 고통스러운 상태가 된다고 설명하고 있다. 따라서 운동 초기 단계가 '편안하게(comforting)' 느껴진다는 것은 문맥상 적절하지 않으며, '고통스러운(distressing)' 또는 '비참한(miserable)'과 같은 단어가 와야 한다.
해석: 이러한 현상은 왜 격렬한 운동의 초기 단계가 흔히 매우 고통스럽게 느껴지는지를 명확히 해준다.

## 29-04 어휘 선택 (괄호형) (객관식)

**정답: ⑤ (A) rapid (B) accumulation (C) transitions**

[정답 해설]
(A) 무산소 호흡은 유산소 호흡보다 에너지를 더 '빠르게(rapid)' 얻을 수 있는 방식이다. (B) 무산소 호흡은 비효율적이며 젖산의 과도한 '축적(accumulation)'을 초래한다. (C) 준비 운동이 끝난 후에는 대사 과정이 무산소에서 유산소 호흡으로 '전환(transitions)'되기 때문에 운동이 더 수월해진다.
해석: 결과적으로, 준비 운동을 통해 몸이 적절히 준비되면 대사가 무산소에서 유산소 호흡으로 전환됨에 따라 운동의 어려움이 줄어든다.

## 29-05 빈칸 추론 (단어/구) (객관식)

**정답: ⑤ anaerobic saturation**

[정답 해설]
지문에서 격렬한 운동 후 느끼는 메스꺼움, 근육 약화, 땀 등은 무산소 에너지가 과도하게 사용되어 젖산이 쌓인 상태를 의미한다. 따라서 빈칸에는 '무산소 포화(anaerobic saturation)'가 들어가는 것이 가장 적절하다. 이는 본문의 'anaerobic overload'를 패러프레이징한 표현이다.
해석: 격렬한 신체 활동 후에 나타나는 메스꺼움, 근육 약화, 그리고 땀은 무산소 포화 상태의 징후들이다.

## 29-06 빈칸 추론 (절/표현) (객관식)

**정답: ② the respiratory apparatus has not yet adjusted to deliver sufficient oxygen**

[정답 해설]
운동 초기에 고통을 느끼고 무산소 호흡에 의존하는 이유는 호흡계가 신체가 필요로 하는 산소를 충분히 공급할 만큼 아직 준비되지 않았기 때문이다. 따라서 빈칸에는 '호흡 장치가 충분한 산소를 전달할 수 있도록 아직 조정되지 않았기 때문에'라는 내용이 들어가는 것이 논리적으로 가장 적절하다.
해석: 호흡 장치가 충분한 산소를 전달할 수 있도록 아직 조정되지 않았기 때문에, 신체 시스템은 무산소 과정을 이용할 수밖에 없다.

## 29-07 순서 배열 (객관식)

**정답: ③ (A) — (B) — (C)**

[정답 해설]
주어진 글에서 에너지 생성 메커니즘을 이해해야 한다고 언급한 뒤, (A)에서 유산소와 무산소라는 두 가지 경로를 소개한다. (B)

에서는 앞서 언급된 무산소 경로의 단점(비효율성, 독성, 젖산 축적)과 그로 인한 신체적 증상을 설명한다. 마지막으로 (C)에서 이러한 과정이 운동 초기의 고통을 어떻게 설명하는지 밝히고, 준비 운동 후 유산소로 전환되면서 운동이 수월해진다는 결론으로 마무리하는 것이 가장 자연스럽다.
해석: (A) 두 가지 뚜렷한 경로가 존재한다: 산소를 이용하는 유산소 호흡과 산소 없이 일어나는 무산소 호흡이다. (B) 그러나 이 무산소 경로는 비효율성과 잠재적 독성으로 특징지어진다. (C) 이 현상은 왜 격렬한 운동의 초기 단계가 흔히 매우 고통스럽게 느껴지는지를 설명해 준다.

## 29-08 문장 삽입 (객관식)

**정답: ⑤**

[정답 해설]
주어진 문장은 '결과적으로(Consequently)'로 시작하며, 몸이 준비된 후 운동이 수월해지는 '전환' 과정을 설명하고 있다. 앞 문장(⑤번 앞)에서 운동 초기에 왜 고통을 느끼는지(호흡계가 산소 공급을 못 따라가서 무산소 호흡을 하기 때문)를 설명한 뒤, 그에 대한 결과이자 대조되는 상황으로 준비 운동 후의 상태를 설명하는 것이 가장 적절하다. 따라서 ⑤번 위치가 정답이다.
해석: 결과적으로, 준비 운동을 통해 몸이 적절히 준비되면 대사가 무산소에서 유산소 호흡으로 전환됨에 따라 운동의 어려움이 줄어든다.

## 29-09 내용 일치/불일치 (객관식)

**정답: ③ Anaerobic respiration is a more efficient way to produce energy than aerobic respiration.**

[정답 해설]
지문에서 무산소 호흡(anaerobic respiration)은 비효율적(inefficient)이며 잠재적으로 독성이 있다(toxic)고 명시되어 있다. 따라서 유산소 호흡보다 더 효율적이라는 ③번 선택지는 내용과 일치하지 않는다.
해석: 무산소 호흡은 유산소 호흡보다 에너지를 생성하는 더 효율적인 방법이다.

## 29-10 주제/제목/요지 (객관식)

**정답: ② The Mechanisms of Energy Production and Their Impact on Exercise Difficulty**

[정답 해설]
이 글은 유산소와 무산소 호흡이라는 두 가지 에너지 생성 메커니즘을 설명하고, 이러한 메커니즘이 운동 초기와 후기의 신체적 고통 및 난이도에 어떤 영향을 미치는지를 다루고 있다. 따라서 ②번 '에너지 생성 메커니즘과 그것이 운동 난이도에 미치는 영향'이 주제로 가장 적절하다.
해석: 에너지 생성 메커니즘과 그것이 운동 난이도에 미치는 영향

## 29-11 무관한 문장 (객관식)

**정답: ③**

[정답 해설]
이 글은 호흡 방식(유산소/무산소)에 따른 에너지 생성과 그에 따른 신체적 반응을 다루고 있다. ③번 문장은 운동 후 근육 회복을 위한 고단백 식단 섭취에 대해 언급하고 있는데, 이는 에너지 생성 경로와 운동 초기 고통의 원인이라는 전체 흐름에서 벗어난 내용이다.
해석: 운동선수들은 훈련 후 근육 회복을 강화하기 위해 고단백 식사를 섭취하도록 권장된다.

## 29-12 요약문 완성 (객관식)

**정답: ① (A) immediate (B) shifts**

[정답 해설]
무산소 호흡은 산소가 부족할 때 '즉각적인(immediate)' 에너지원을 제공하지만, 신체가 유산소 호흡으로 '전환(shifts)'될 때까지 신체적 불편함을 초래한다. 따라서 (A)에는 immediate, (B)에는 shifts가 들어가는 것이 가장 적절하다.
해석: 무산소 호흡은 산소 부족 시 즉각적인 에너지원을 제공하지만, 신체가 유산소 호흡으로 전환될 때까지 결국 신체적 불편함을 초래한다.

## 29-13 보기 조합형 (객관식)

**정답: ④ ⓑ, ⓓ, ⓕ가 일치하지 않음**

[정답 해설]
ⓑ 무산소 호흡은 유산소보다 더 빠르다고(more rapid) 했으므로 틀린 진술이다. ⓓ 포도당(glucose)을 배타적으로 사용하는 것은 무산소 호흡(anaerobic)이므로 틀린 진술이다. ⓕ 운동 초기에는 호흡계가 산소 공급을 즉각적으로 따라가지 못한다(haven't caught up)고 했으므로 틀린 진술이다. ⓐ, ⓒ, ⓔ, ⓖ는 본문의 내용과 일치한다.
해석: ⓑ 무산소 호흡은 유산소 호흡보다 더 느린 과정이다. ⓓ 신체는 유산소 호흡을 위해서만 배타적으로 포도당을 사용한다. ⓕ 호흡계는 격렬한 운동 중에 즉각적으로 충분한 산소를 제공한다.

## 29-14 어법 조합형 (객관식)

**정답: ① ⓑ, ⓓ, ⓔ가 어법상 틀림**

[정답 해설]
ⓑ when이 이끄는 관계부사절 내에서 주어와 동사가 도치될 이유가 없으므로 'the body does not have'가 되어야 한다. ⓓ 'the initial phase... is frequently perceived' 구조에서 동사 is가 빠져 있거나 it이 잘못 들어갔다. ⓔ diminishes가 본동사이므로 be동사인 is는 삭제되어야 한다. ⓐ itself는 강조 용법으로 적절하다. ⓒ are의 주어는 sensations이므로 수 일치가 적절하다. ⓕ transitions의 주어는 metabolism이므로 단수 동사형이 적절하다.
해석: ⓑ 신체에 산소가 충분하지 않은 기간 동안, ⓓ 격렬한 운동의 초기 단계가 왜 흔히 매우 고통스럽게 느껴지는지, ⓔ 운동의 어려움은 줄어든다.

## 29-15 어휘 조합형 (객관식)

**정답: ④ ⓑ, ⓓ, ⓔ가 문맥상 부적절**

[정답 해설]
ⓑ 무산소 호흡은 비효율적이므로 inefficiency가 적절하다. ⓓ 호흡계가 '충분한(sufficient)' 산소를 공급하지 못하는 상황이므로 insufficient는 반대 의미다. ⓔ 산소가 부족하면 무산소 과정을 이용하도록 '강요받는(compelled)' 것이지 '금지되는(forbidden)' 것이 아니다. ⓐ, ⓒ, ⓕ는 문맥상 적절하다.
해석: ⓑ 무산소 경로의 효율성(→비효율성), ⓓ 불충분한(→충분한) 산소를 전달하도록, ⓔ 무산소 과정을 이용하는 것이 금지된다(→강요된다).

## 29-16 어법 고쳐쓰기 (서술형)

**모범답안: 1. what → by which (또는 that)**
**2. compelling → compelled**

[정답 해설]
관계대명사 what은 선행사를 포함하므로 앞에 명사가 올 수 없으며, 수동태 구조(be compelled to)를 이해해야 하는 문제이다.
해석: 인간의 유기체가 영양분과 산소로부터 에너지를 얻는 메커니즘을 파악해야 하며, 시스템은 무산소 과정을 이용하도록 강요받는다.

## 29-17 본문 빈칸 완성 (서술형)

**모범답안: (1) anaerobic (2) lactic acid**

[정답 해설]
본문에서 산소 없이 에너지를 만드는 과정을 anaerobic respiration이라고 하며, 이 과정에서 생성되는 독성 물질을 lactic acid라고 명시하고 있다.
해석: (1) 무산소 에너지는 비효율적이고 독성이 있을 수 있으며, 너무 많은 (2) 젖산을 생성한다.

## 29-18 조건 영작 (서술형)

**모범답안: It is this process that explains why the initial phase of vigorous exercise is frequently perceived as highly distressing.**

[정답 해설]
주어인 'this process'를 강조하기 위해 It is ~ that 사이에 넣고, '왜 ~한지'를 나타내는 간접의문문(why + 주어 + 동사)을 목적어로 사용하여 문장을 구성한다.
해석: 이 과정은 왜 격렬한 운동의 초기 단계가 흔히 매우 고통스럽게 느껴지는지를 설명해 준다.

[전문 해석]
이 과정은 왜 격렬한 운동의 초기 단계가 흔히 매우 고통스럽게 느껴지는지를 설명해 준다.

## 29-19 주제 영작 (서술형)

**모범답안: The transition from anaerobic to aerobic respiration significantly affects athletic performance and energy production.**

[정답 해설]
글의 핵심 소재인 무산소(anaerobic)와 유산소(aerobic) 호흡의 전환(transition)이 운동 능력(athletic performance)에 미치는 영향을 포함하여 주제문을 작성해야 한다.
해석: 무산소에서 유산소 호흡으로의 전환은 운동 능력과 에너지 생성에 상당한 영향을 미친다.

## 29-20 요약 서술형 (서술형)

**모범답안: (1) anaerobic (2) aerobic**

[정답 해설]
운동 초기의 고통은 몸이 (1) 무산소 에너지를 사용하기 때문에 발생하며, 이는 (2) 유산소 호흡이 충분히 활성화되기 전의 일이다. 본문에서 해당 단어들을 찾을 수 있다.
해석: 운동 초기의 신체적 고통은 유산소 호흡이 완전히 활성화되기 전에 신체가 무산소 에너지에 의존하기 때문에 발생한다.