

Getting Fit...Virtually



バーチャル・リアリティは様々な使われているが、これを健康改善のためのトレーニングマシンで利用しようとしている企業がある。それはいったいどのようなものなのだろうか。

VOCABULARY

(a) ~ (e) のなかから語義としてふさわしいものをそれぞれ選びなさい。

- 1) demonstrate 2) gym 3) prevent
4) surprisingly 5) virtual

- (a) a place where people can do sports and physical exercises
(b) to stop something happening
(c) to show something and explain how it works
(d) having the appearance of something without being real
(e) to an unexpected degree

1st Listening

まず VOA ニュースを聴きましょう。



SUMMARY CHECK

ニュースの概要として最もふさわしいものを下の 1) ~ 4) のなかから選びなさい。

- 1) Virtual reality technology can encourage people to get more exercise.
- 2) Blue Goji has recently expanded its operations.
- 3) Austin, Texas has become the world center of VR technology.
- 4) Many people suffer from motion sickness when using VR technology.

Businesses are finding more uses for Virtual Reality (VR) as the technology develops.

VR is no longer only for (1) or enjoyment. An American company called Blue Goji is using VR to improve one's health by making exercise more (2).

Blue Goji has offices in Austin, the capital of Texas. The company (3) its cardiovascular workout machine, called the Infinity treadmill, at the recent South by Southwest festival. The event is (4) every year in Austin.

A person using the treadmill wears a virtual reality headset when (5). Before starting, the user is connected to a belt to prevent (6). Then, the user plays a VR game while running on the machine. The game can (7) the user into the virtual world, where he or she can race against virtual people.

The cost of the hardware and computer software program is \$12,000. That is a lot of money for most people. But Kyra Constam of Blue Goji says the virtual reality treadmill is (8) for places where people go to exercise, like a high-end gymnasium or (9) center. She added that people (10) treatment at physical therapy or rehabilitation centers would find the (11) useful.

Recently, Leonardo Mattiazzi tested the Infinity treadmill. Mattiazzi said he had a strong feeling to actually get running and do something that (12) his limits. He said the experience was more interesting than running inside the gym without actually going anywhere.

Constam said the active use of virtual reality helps solve

Notes

Virtual Reality (VR): バーチャル・リアリティ、仮想現実

Blue Goji: ⇒ <http://www.bluegoji.com/>

cardiovascular: 心臓血管の
treadmill: ルームランナー
South by Southwest festival: サウス・バイ・サウスウエスト・フェスティバル (SXSW Conference & Festivals)

headset: (マイク付きの) ヘッドホン

high-end: 最高級の、高性能の
physical therapy: 理学療法

a (13) problem while wearing a VR headset. She noted that a lot of VR experiences (14) motion sickness because people are in motion during the game, but not moving in real life. But when the user is moving on the treadmill and in the game, the chances of motion sickness are (15), she said.

However, users who tested the treadmill (16) wearing the VR headset each had a different experience. It took Leonardo Mattiazzzi 10 seconds to set the controls to running in the virtual world.

Kyra Constam said there (17) is a learning curve for VR. The first time users feel lost, but “the more you do it, the more you get (18) to it,” she said.

Mark Sackler was a first-time user. He said he felt a little sick at one point during the game. But he thought the experience was surprisingly (19).

After carefully studying the users’ experiences, Blue Goji plans to begin (20) the Infinity treadmill to the public in 2019.

motion sickness: 乗り物酔い

learning curve: 学習曲線
◆練習量と反応時間の関係を示す曲線

at one point: ある時



TRUE OR FALSE?

1) ~ 5) のなかからニュースの内容として正しいものには T、間違っているものには F を選びなさい。

- 1) VR is exclusively for enjoyment.
- 2) The South by Southwest festival is held annually.
- 3) The quality of the Blue Goji system means that people can run without being connected to a belt.
- 4) The Blue Goji system is ideal for low-income individuals.
- 5) Some VR systems cause motion sickness because the user is moving in virtual reality but not in reality.



USEFUL EXPRESSIONS

日本語に合うように()を埋めなさい。

- 1) 努力なしには何事も成し遂げることはできない。

You can't achieve anything () making an effort.

- 2) 携帯電話はもはや裕福な人々だけに手に入るものではない。

Cellphones are no () available only to the wealthy.

- 3) スタンディング・デスクは屋内で長時間働く人たちにとって理想的だ。

Standing desks are () for those who work long hours indoors.

- 4) 日本では、新入生のオリエンテーションは通常4月の始めに開かれる。

In Japan, freshman orientation is usually () in early April.



TRANSLATIONS

日本語に合うように()の語句を並び替えて、一文を完成させなさい。

- 1) ロバーズ洞窟実験はグループ間の争いは協力を通して解決できることを実証した。

The Robbers Cave experiment (be resolved / between / can / conflict / cooperation / demonstrated / groups / that / through).

- 2) もしジムの会費が高すぎるなら、定期的に散歩や走りに出かけたら良い。

Just (a / expensive / for / go / gym / if / is / membership / or / regular / runs / too / walks).
