5-19 · 5-4 몸과 건강
05 생명과 자연 · 교재 p.144

2026년 10월 고1 학평 39번

2026년 10월 시행 · 전국연합학력평가

The human body on the Earth's surface experiences constant air pressure equal to 16-18 tons per square meter of its body surface. However, this pressure is not felt because external pressure is _____ in the lungs and air cavities of the body. During dives, in addition to atmospheric pressure, the pressure of the water also acts on the human body. When submerged underwater, to avoid feeling the pressure of the surrounding environment, it is necessary to maintain the condition of equal external and internal pressure. To achieve this, air or a breathing mixture is supplied to the diver under pressure equal to the pressure applied by the surrounding water. Water pressure increases proportionally with depth. It increases by 1 bar for every 10 meters. It follows that a diver at a depth of 10 meters experiences a pressure of 2 bar, and to stabilize pressure, the supply of a breathing mixture under a pressure of 2 atmospheres is required.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① blocked by our skin
② increased by the wind
③ absorbed by our muscles
④ ignored by our brains
⑤ balanced by internal pressure

2. 주제 윗글의 주제로 가장 적절한 것은?

① why divers should avoid deep water
② how air pressure changes the weather
③ keeping internal and external pressure equal during dives
④ the dangers of holding your breath
⑤ the history of breathing machines

2026년 9월 고1 학평 21번

2026년 9월 시행 · 전국연합학력평가

We are wonderfully made, yet we don't allow ourselves to participate in the wonder for which we were created. Instead of moving anywhere and everywhere, most of us spend our time moving nowhere. We occupy the same square footage of a chair for hours and hours every day. Many kids today are being held ① free by 'smart' devices like phones and tablets. They are not going outside to play, they are not learning how to ② socialize and read physical cues from others. As a result they are not learning or building their movement ③ repertoire, the very thing that will help them learn, communicate, create, and become emotionally mature. They are not even learning how to run, how to skip, or how to climb. Instead, they are learning how to live with ④ anxiety, depression, and even diseases they were never meant to have. The point is we are getting further and further away from our design. We were made to ⑤ move—and through movement, we are meant to live extraordinary lives. Movement is life to us.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 주장 윗글에서 필자가 주장하는 바로 가장 적절한 것은?

① 아이들은 스마트 기기로 사회성을 배운다.
② 오래 앉아 있는 것은 건강에 좋다.
③ 달리기와 오르기는 배울 필요가 없다.
④ 인간은 움직이도록 만들어졌으므로 움직임을 통해 건강하고 풍요로운 삶을 살아야 한다.
⑤ 움직임은 정서 발달과 관계가 없다.

2026년 9월 고1 학평 29번

To understand how breathing affects athletic performance, we first need to understand how the body makes energy from air and food. There are two options: with oxygen, a process known as aerobic respiration, and without it, which is called anaerobic respiration. Anaerobic energy is generated only with glucose (a simple sugar), and it's quicker and easier for our bodies to access. It's a kind of backup system and turbo boost when the body doesn't have enough oxygen. But anaerobic energy is _____, creating too much lactic acid. The sickness, muscle weakness, and sweating you experience after you've pushed it too hard at the gym is the feeling of anaerobic overload. This process explains why the first few minutes of an intense workout are often so miserable. Our lungs and respiratory system haven't caught up to supply the oxygen our bodies need, and so the body has to use anaerobic respiration. This also explains why, after we're warmed up, exercise feels easier. The body has switched from anaerobic to aerobic respiration.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① inefficient and can be toxic
② efficient and safe
③ slow but healthy
④ always unavailable
⑤ the main source of energy

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Anaerobic Energy: The Best Fuel
② Why the First Minutes of a Workout Hurt
③ How to Avoid Breathing During Exercise
④ Glucose Is Toxic to Athletes
⑤ Warm-Ups Make Exercise Harder

2026년 9월 고1 학평 34번

2026년 9월 시행 · 전국연합학력평가

If our bodies know best, why are they easily ① injured when we do something so seemingly natural as running? On the one hand, running seems very easy, but that is only because our bodies are so very good at it. The most powerful supercomputer on the planet cannot ② administer the enormous number of computations it takes to run, untethered, on two legs. Wherever our running intelligence is, running is not all conscious to us and is so complicated that only the T-1000 Terminators of our imagination are able to do it. Because our running knowledge is ③ burying so deeply within muscle fibres, cells and our DNA, we have to accept that we cannot fully explain its complexities. That doesn't mean our bodies don't know how to do it. We may feel our way towards understanding the alchemy of running by learning how to use our senses, getting them ④ firing, and seeing what they are capable of, and ⑤ accepting that our bodies know more about running than we ever will.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 달리기는 너무 복잡해 의식적으로 설명할 수 없지만, 우리 몸은 달리는 법을 알고 있다.
② 달리기는 매우 단순한 동작이다.
③ 슈퍼컴퓨터는 달리기를 완벽히 계산한다.
④ 몸은 달리는 법을 모르므로 부상이 잦다.
⑤ 감각은 달리기 이해에 도움이 되지 않는다.

2026년 3월 고1 학평 35번

2026년 3월 시행 · 전국연합학력평가

The “set point theory” concept is that your body has a ① stable quantity of fat cells by the time you are an adult. The more weight you carried in your childhood and your teenage years, the more fat cells you will have as an adult. These fat cells then become “② fuller” or “thinner” as you gain and lose weight as an adult. The set point is the ③ trigger in these cells that will send a message to your brain saying that your fat cells are getting too thin and that you must eat more. Different people’s fat cells will have different set points, and the ④ strength of the message is affected by the number of cells. Thus a person with lots of fat cells and a high set point will battle with a ⑤ weak desire for food when dieting.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① why adults lose fat cells easily
② how children should diet
③ the set point theory of fat cells
④ the brain’s control of muscle growth
⑤ the benefits of eating less

2025년 9월 고1 학평 22번

2025년 9월 시행 · 전국연합학력평가

The act of gardening itself is a fantastic form of physical activity. It involves a range of motions, from digging and planting to watering and harvesting. These activities help improve strength, flexibility, and endurance. ① You might not realize it, but small tasks like weeding or turning compost can burn many calories. ② Gardening is particularly beneficial for those who find traditional exercise challenging. ③ It's a low-impact way to stay active and fit, making it accessible for people of all ages and physical abilities. ④ Many gardeners also sell their extra vegetables to their neighbors. ⑤ Besides physical health, gardening has profound mental health benefits. Tending to plants can be incredibly calming and meditative. It allows you to focus on the present moment, reducing stress and anxiety. The repetitive tasks involved in gardening can induce a state of mindfulness, similar to meditation. Studies have shown that spending time in nature, even in a small garden, can elevate mood, improve cognition, and reduce depression symptoms. The sense of accomplishment from watching your plants grow and thrive can also boost self-esteem and overall well-being.

1. **무관한 문장** 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. **요지** 윗글의 요지로 가장 적절한 것은?

① 정원 가꾸기는 칼로리 소모가 거의 없다.
② 정원 가꾸기는 신체 건강뿐 아니라 정신 건강에도 큰 도움이 된다.
③ 전통적인 운동이 정원 가꾸기보다 낫다.
④ 정원 일은 스트레스를 높인다.
⑤ 정원 가꾸기는 젊은 사람에게만 적합하다.

2025년 9월 고1 학평 32번

Although you may put off going to sleep in order to squeeze more activities into your day, eventually your need for sleep becomes ① overwhelming and you are forced to get some sleep. This daily drive for sleep appears to be due, in part, to a compound known as adenosine. This natural chemical builds up in your blood as time awake ② increases. While you sleep, your body ③ builds up the adenosine. Thus, this molecule may be what your body uses to keep track of lost sleep and to trigger sleep when needed. An accumulation of adenosine and other factors might explain why, after several nights of less than optimal amounts of sleep, you build up a sleep debt that you must make up by sleeping ④ longer than normal. Because of such built-in molecular feedback, you can't become ⑤ accustomed to getting less sleep than your body needs. Eventually, a lack of sleep catches up with you.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① You Can Train Yourself to Sleep Less
② Why Sleep Is a Waste of Time
③ How Blood Keeps Us Awake
④ Adenosine: Your Body's Sleep Debt Tracker
⑤ Extra Activities Cure Sleepiness

2025년 6월 고1 학평 39번

We have a ‘diving reflex’, like other marine mammals. This means that special nerve endings on our faces, around the mouth and nose, trigger this reflex _____. If we are in the water, with our head out in the air, there is no diving reflex. But if we sink just our face in a bowl of water, while the whole of the rest of our body is in the dry air, the diving reflex is triggered. It automatically closes down the airway, reducing the risk of swallowing water, and it narrows the small air-passages in the lungs. At the same time the heart rate is slowed down to half speed and blood is shunted to the vital organs, protecting them from the effects of the brief stop in breathing. By contrast, if a chimpanzee or a gorilla found itself in water with its face below the surface, it would panic, its heart would race and it would quickly drown.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① only when the facial region goes under water
② whenever we enter the water
③ only when we hold our breath
④ whenever our body feels cold
⑤ only in deep ocean water

2. 주제 윗글의 주제로 가장 적절한 것은?

① the human diving reflex triggered by the face in water
② why gorillas swim better than humans
③ how to avoid drowning in cold water
④ the speed of the human heart during exercise
⑤ the breathing habits of marine mammals

2025년 3월 고1 학평 37번

2025년 3월 시행 · 전국연합학력평가

Cartilage is extremely important for the healthy functioning of a joint, especially if that joint bears weight, like your knee. ① Imagine for a moment that you're looking into the inner workings of your left knee as you walk down the street. ② When you shift your weight from your left leg to your right, the pressure on your left knee is released. ③ Many athletes wear knee braces to look more professional. ④ The cartilage in your left knee then "drinks in" synovial fluid, in much the same way that a sponge soaks up liquid when put in water. ⑤ When you take another step and transfer the weight back onto your left leg, much of the fluid squeezes out of the cartilage. This squeezing of joint fluid into and out of the cartilage helps it respond to the off-and-on pressure of walking without breaking under the pressure.

1. **무관한 문장** 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. **요지** 윗글의 요지로 가장 적절한 것은?

① 연골은 체중을 받지 않는 관절에서만 중요하다.
② 무릎은 걸을 때 압력을 받지 않는다.
③ 연골은 걸을 때 압력의 변화에 따라 관절액을 흡수하고 내보내며 관절 건강을 지킨다.
④ 관절액은 연골을 손상시킨다.
⑤ 걷기는 연골에 해롭다.

2024년 10월 고1 학평 20번

2024년 10월 시행 · 전국연합학력평가

For many of us, making time for exercise is a ① continuing challenge. Between work commitments and family obligations, it often feels like there's no room in our ② empty schedules for a dedicated workout. But what if the workout came to you, right in the midst of your daily routine? That's where the beauty of integrating mini-exercises into household chores comes into play. Let's be realistic; chores are ③ inevitable. Whether it's washing dishes or taking out the trash, these tasks are an essential part of daily life. But rather than viewing chores as purely ④ obligatory activities, why not seize these moments as opportunities for physical activity? For instance, practice squats or engage in some wall push-ups as you wait for your morning kettle to boil. Incorporating quick exercises into your daily chores can ⑤ improve your health.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Why Chores Should Be Avoided
② Exercise Only at the Gym
③ Kettles and Coffee Mornings
④ Family Time Beats Fitness
⑤ Turn Chores into Workouts

2024년 10월 고1 학평 32번

2024년 10월 시행 · 전국연합학력평가

How much we suffer ① relates to how we frame the pain in our mind. When 1500m runners push themselves into extreme pain to win a race—their muscles ② screaming and their lungs exploding with oxygen deficit, they don't psychologically suffer much. In fact, ultra-marathon runners—those people who are crazy enough to push themselves beyond the normal boundaries of human endurance, ③ covering distances of 50-100km or more over many hours, talk about making friends with their pain. When a patient ④ has paid for some form of passive back pain therapy and the practitioner pushes deeply into a painful part of a patient's back to mobilise it, the patient calls that good pain if he or she believes this type of deep pressure treatment will be of value, even though the practitioner is ⑤ pushed right into the patient's sore tissues.

1. 어법 윗글의 밑줄 친 부분 중, 어법상 틀린 것은?

① ② ③ ④ ⑤

2. 요지 윗글의 요지로 가장 적절한 것은?

① 운동선수는 고통을 전혀 느끼지 않는다.
② 고통을 어떻게 받아들이고 해석하느냐에 따라 고통으로 겪는 괴로움이 달라진다.
③ 깊은 압박 치료는 언제나 해롭다.
④ 고통은 몸의 손상 정도에 비례한다.
⑤ 장거리 달리기는 고통을 줄여 준다.

2024년 6월 고1 학평 41~42번

All humans, to an extent, seek activities that cause a degree of pain in order to experience pleasure, whether this is found in spicy food, strong massages, or stepping into a too-cold or too-hot bath. The key is that it is a 'safe threat'. The brain perceives the stimulus to be painful but ultimately ① non-threatening. Interestingly, this could be similar to the way humor works: a 'safe threat' that causes pleasure by playfully violating norms. We feel uncomfortable, but safe. In this context, where survival is clearly not in danger, the desire for pain is actually the desire for a ② reward, not suffering or punishment. This reward-like effect comes from the feeling of ③ mastery over the pain. The closer you look at your chilli-eating habit, the more remarkable it seems. When the active ingredient of chillies—capsaicin—touches the tongue, it stimulates exactly the same receptor that is activated when any of these tissues are burned. Knowing that our body is firing off danger signals, but that we are actually completely safe, produces pleasure. All children start off ④ loving chilli, but many learn to derive pleasure from it through repeated exposure and knowing that they will never experience any real harm. Interestingly, seeking pain for the pain itself appears to be ⑤ uniquely human. The only way scientists have trained animals to have a preference for chilli or to self-harm is to have the pain always directly associated with a pleasurable reward.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Animals Love Spicy Food
② Pain Is Always Punishment
③ Chillies Burn Our Tongues Forever
④ Safe Threats: Why We Enjoy a Little Pain
⑤ Children Are Born Loving Spice

2024년 3월 고1 학평 33번

One of the most striking characteristics of a sleeping animal or person is that they do not respond normally to environmental stimuli. If you open the eyelids of a sleeping mammal the eyes will not see normally—they are functionally blind. (①) Some visual information apparently gets in, but it is not normally processed as it is shortened or weakened; same with the other sensing systems. (②) Stimuli are registered but not processed normally and they fail to wake the individual. (③) Perceptual disengagement probably serves the function of protecting sleep, so some authors do not count it as part of the definition of sleep itself. (④) But as sleep would be impossible without it, it seems essential to its definition. (⑤)

1. 문장 삽입 글의 흐름으로 보아, 다음 문장이 들어가기에 가장 적절한 곳은?

Nevertheless, many animals (including humans) use the intermediate state of drowsiness to derive some benefits of sleep without total perceptual disengagement.

① ② ③ ④ ⑤

2. 주제 윗글의 주제로 가장 적절한 것은?

① perceptual disengagement as a key feature of sleep
② why sleeping animals see clearly
③ how to wake a sleeping person
④ the benefits of staying awake
⑤ the eyes of nocturnal animals

정답 및 해설

5-19 **1.**⑤ **2.**③ · 5-20 **1.**① **2.**④ · 5-21 **1.**① **2.**② · 5-22 **1.**③ **2.**① · 5-23 **1.**⑤ **2.**③ · 5-24 **1.**④ **2.**② · 5-25 **1.**③ **2.**④ · 5-26 **1.**① **2.**① · 5-27 **1.**③ **2.**③ · 5-28 **1.**② **2.**⑤ · 5-29 **1.**⑤ **2.**② · 5-30 **1.**④ **2.**④ · 5-31 **1.**⑤ **2.**①

5-19 · 2026년 10월 고1 학평 39번
1. ⑤ 엄청난 기압을 느끼지 못하는 것은 외부 압력이 폐와 체강의 '내부 압력과 균형을 이루기' 때문이다.
2. ③ 잠수할 때는 깊이에 따라 커지는 수압에 맞춰 같은 압력의 공기를 공급해 내외부 압력을 같게 유지해야 한다는 내용이다.

5-20 · 2026년 9월 고1 학평 21번
1. ① 많은 아이가 스마트 기기에 '사로잡혀' 밖에서 놀지 않는다. ① free → captive.
2. ④ 우리는 움직이도록 설계되었는데 점점 그 설계에서 멀어지고 있으므로, 움직임으로 삶을 되찾아야 한다는 주장이다.

5-21 · 2026년 9월 고1 학평 29번
1. ① 무산소 에너지는 빠르고 쉽게 얻지만 젖산을 너무 많이 만들어 '비효율적이고 해로울 수 있다'. ②는 정반대다.
2. ② 운동 초반에는 산소 공급이 따라오지 못해 무산소 호흡을 하므로 힘들고, 몸이 풀리면 유산소 호흡으로 바뀌어 쉬워진다는 글이다.

5-22 · 2026년 9월 고1 학평 34번
1. ③ 달리기 지식이 근섬유와 세포, DNA 속에 '묻혀 있는' 것이므로 과거분사 buried가 알맞다. ③ burying → buried.
2. ① 달리기는 최고의 컴퓨터도 계산하지 못할 만큼 복잡하지만, 그 지식은 몸 깊이 새겨져 있으므로 몸이 더 잘 안다는 것이 요지다.

5-23 · 2026년 3월 고1 학평 35번
1. ⑤ 지방 세포가 많고 설정점이 높은 사람은 다이어트할 때 음식에 대한 '강한' 욕구와 싸우게 된다. ⑤ weak → strong.
2. ③ 성인이 되면 지방 세포 수가 정해지고, 세포의 설정점이 뇌에 신호를 보내 식욕을 조절한다는 설정점 이론을 다룬다.

5-24 · 2025년 9월 고1 학평 22번
1. ④ 글은 정원 가꾸기의 신체적·정신적 이점을 다룬다. ④는 남는 채소를 판다는 이야기로 흐름과 무관하다.
2. ② 정원 가꾸기는 근력과 유연성을 기르는 운동이자, 마음챙김과 성취감을 주는 정신 건강 활동이라는 것이 요지다.

5-25 · 2025년 9월 고1 학평 32번
1. ③ 깨어 있는 동안 쌓인 아데노신을 잠자는 동안 몸이 '분해한다'. ③ builds up → breaks down.
2. ④ 깨어 있는 동안 쌓이는 아데노신이 부족한 잠을 기록하고 잠을 유도하므로, 잠을 줄이는 데 익숙해질 수 없다는 글이다. ①은 글과 반대다.

5-26 · 2025년 6월 고1 학평 39번
1. ① 머리를 물 밖에 두면 반사가 없고 얼굴만 물에 담가도 반사가 일어나므로, 잠수 반사는 '얼굴 부위가 물에 잠길 때만' 작동한다.
2. ① 얼굴이 물에 잠기면 기도를 닫고 심박을 늦추는 인간의 잠수 반사를 다룬다.

5-27 · 2025년 3월 고1 학평 37번
1. ③ 글은 걸을 때 연골이 관절액을 흡수하고 내보내는 과정을 설명한다. ③은 운동선수의 무릎 보호대 이야기로 흐름과 무관하다.
2. ③ 걸을 때 압력이 풀리면 연골이 관절액을 빨아들이고 다시 실리면 짜내어, 압력에 부서지지 않고 견딘다는 것이 요지다.

5-28 · 2024년 10월 고1 학평 20번
1. ② 일과 가족 의무로 '꽉 찬' 일정에는 운동할 틈이 없는 것처럼 느껴진다. ② empty → packed.
2. ⑤ 운동할 시간을 따로 내기 어려우니, 집안일 중에 간단한 운동을 곁들여 건강을 챙기자는 글이다.

5-29 · 2024년 10월 고1 학평 32번
1. ⑤ 진행형 is pushing의 현재분사가 와야 하므로 pushing이 알맞다. ⑤ pushed → pushing.
2. ② 달리기 선수와 치료받는 환자의 예처럼, 고통을 어떻게 해석하는지가 괴로움의 정도를 좌우한다는 것이 요지다.

5-30 · 2024년 6월 고1 학평 41~42번
1. ④ 모든 아이는 처음에 고추를 '싫어하지만' 반복 노출로 즐거움을 얻게 된다. but 뒤의 내용과 대조된다. ④ loving → hating.
2. ④ 뇌가 위협적이지 않다고 아는 '안전한 위협'으로서의 고통은 통제감에서 오는 보상이 된다는 글이다. ⑤는 글과 반대다.

5-31 · 2024년 3월 고1 학평 33번

1. ⑤ Nevertheless로 앞에서 말한 '지각 차단은 수면의 필수 요소'에 대한 예외(졸음 상태)를 덧붙이므로 글의 마지막에 와야 한다.

2. ① 잠든 동물은 자극을 정상적으로 처리하지 않으며, 이런 지각 차단이 수면의 핵심 특징이라는 내용이다.