

資料Ⅱ 平成4年度筑波大学大学院生年齢・男女・出身大学別体力・運動能力測定値

筑波大学出身者・大学院男子

	23才			24才			25才			26才			27才			28才			29才			30才		
	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N
身長 (cm)	171.4	5.72	74	171.2	5.43	50	172.0	4.94	37	173.7	6.03	13	174.3	6.43	9	170.1	6.37	8	158.5	0	1	172.9	4.39	25
体重 (kg)	65.8	7.96	74	64.9	8.40	50	67.5	7.94	37	66.7	9.66	13	69.4	5.56	9	65.8	7.03	8	60.5	0	1	68.3	10.33	25
胸囲 (cm)	90.3	5.68	74	90.0	4.96	50	91.0	5.08	37	92.8	6.63	13	91.5	4.19	9	92.2	8.26	8	97.0	0	1	92.7	7.30	25
上腕囲 (cm)	24.9	2.62	72	23.5	2.65	49	29.2	2.74	36	29.2	2.98	13	29.3	1.98	9	29.1	2.78	8	27.0	0	1	29.6	3.06	23
大腿囲 (cm)	54.3	4.56	72	54.0	3.99	50	55.3	4.61	36	55.3	4.48	13	55.6	2.76	9	54.5	3.94	8	52.5	0	1	55.8	4.15	24
皮脂厚上腕 (mm)	10.6	4.68	69	10.4	5.14	50	10.6	5.44	37	13.8	6.84	13	13.4	5.00	9	11.9	5.97	7	9.5	0	1	13.4	6.28	24
皮脂厚背部 (mm)	15.1	6.02	70	14.1	6.13	49	14.5	6.22	36	18.1	6.77	13	17.3	6.81	9	13.6	5.00	7	18.0	0	1	15.8	7.52	23
肺活量 (cc)	4460.2	625.76	73	4555.8	682.74	50	4630.8	768.88	37	4548.5	644.89	13	4501.1	444.25	9	4700.0	577.28	8	4280.0	0	1	4765.8	601.47	24
最高血圧 (mmHg)	126.1	8.06	68	126.1	8.64	47	127.5	9.42	33	131.0	6.31	12	130.4	6.82	9	135.0	10.10	7	135.0	0	1	122.0	10.42	20
最低血圧 (mmHg)	71.3	6.79	68	73.5	8.35	47	74.9	6.88	33	77.6	9.10	12	74.1	5.09	9	72.7	6.20	7	82.0	0	1	71.5	9.10	21

握力 (kg)	47.5	70.6	73	48.5	6.42	50	48.7	6.97	37	47.3	6.44	13	48.7	6.68	9	46.5	4.93	8	35.0	0	1	48.3	7.40	25
立位体前屈 (cm)	10.8	6.47	71	10.9	8.07	48	8.3	7.36	37	12.1	8.09	13	11.0	5.66	9	8.9	8.15	8	1.8	0	1	8.2	7.37	25
垂直跳 (cm)	58.9	6.73	71	57.7	7.55	50	56.4	9.30	36	59.0	5.73	13	56.6	8.44	9	57.0	5.29	7	44.0	0	1	52.6	7.33	25
サイドステップ (回)	49.1	5.14	70	48.0	5.49	48	48.1	5.23	35	51.4	4.84	13	49.1	3.55	9	48.3	4.62	8	50.0	0	1	46.2	7.94	25

筑波大学出身者・大学院女子

	23才			24才			25才			26才			27才			28才			29才			30才					
	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N			
身長 (cm)	157.1	5.42	15	159.8	7.05	20	157.8	2.38	4	158.2	0	1	---	---	---	---	---	---	151.2	0	1	---	---	---	158.8	6.08	5
体重 (kg)	50.7	5.97	15	52.2	6.45	20	50.0	5.97	4	47.0	0	1	---	---	---	---	---	---	47.3	0	1	---	---	---	49.7	8.97	5
胸囲 (cm)	78.8	5.47	15	79.5	4.28	20	79.1	5.07	4	76.5	0	1	---	---	---	---	---	---	80.0	0	1	---	---	---	79.7	4.76	5
上腕囲 (cm)	24.7	2.15	14	24.8	2.08	19	24.6	2.66	4	23.5	0	1	---	---	---	---	---	---	24.0	0	1	---	---	---	24.3	3.19	5
大腿囲 (cm)	52.1	4.57	15	52.1	3.47	19	53.2	4.93	4	50.5	0	1	---	---	---	---	---	---	50.0	0	1	---	---	---	50.0	5.55	5
皮脂厚上腕 (mm)	15.3	4.68	15	16.1	4.50	20	13.8	5.96	4	9.0	0	1	---	---	---	---	---	---	16.0	0	1	---	---	---	12.4	4.17	5
皮脂厚背部 (mm)	16.5	6.38	15	17.0	4.91	20	13.8	7.31	4	8.5	0	1	---	---	---	---	---	---	19.5	0	1	---	---	---	13.9	6.29	5
肺活量 (cc)	3061.4	578.79	14	3081.5	392.24	20	2920.0	201.99	4	3840.0	0	1	---	---	---	---	---	---	2100.0	0	1	---	---	---	3218.0	530.49	5
最高血圧 (mmHg)	108.9	10.92	14	116.6	12.22	20	116.0	6.98	4	122.0	0	1	---	---	---	---	---	---	95.0	0	1	---	---	---	105.4	11.80	5
最低血圧 (mmHg)	68.7	9.48	14	67.6	7.46	20	67.5	6.25	4	69.0	0	1	---	---	---	---	---	---	53.0	0	1	---	---	---	58.6	2.41	5

握力 (kg)	28.3	4.23	13	31.0	5.58	20	28.6	6.52	4	33.0	0	1	---	---	---	---	---	---	28.0	0	1	---	---	---	31.0	8.43	5
立位体前屈 (cm)	17.8	7.00	14	13.6	6.69	20	17.2	7.24	4	12.0	0	1	---	---	---	---	---	---	8.3	0	1	---	---	---	11.1	5.53	5
垂直跳 (cm)	40.1	4.72	14	40.4	7.14	19	40.8	4.19	4	41.0	0	1	---	---	---	---	---	---	32.0	0	1	---	---	---	41.3	5.06	4
サイドステップ (回)	41.4	3.67	14	42.0	3.95	20	39.8	8.81	4	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	44.0	9.75	5

他大学出身者・大学院男子

	23才			24才			25才			26才			27才			28才			29才			30才		
	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N
身長	170.6	5.31	10	172.5	5.33	14	170.7	7.55	11	165.9	3.55	3	173.0	6.54	6	167.4	6.25	7	169.7	8.41	4	169.8	5.58	25
体重	66.2	9.10	10	70.3	14.62	14	65.0	7.53	11	60.6	8.46	3	64.3	5.61	6	63.3	10.23	7	67.1	10.18	4	66.4	6.98	25
胸囲	91.4	7.33	10	92.4	9.40	14	90.1	4.15	11	89.5	9.34	3	91.3	7.57	6	88.3	5.20	7	87.8	5.56	4	91.0	4.71	25
上腕囲	27.9	2.59	9	29.3	3.92	13	28.4	1.69	11	28.8	2.75	3	28.3	3.14	6	27.9	2.40	7	29.5	2.24	4	29.4	1.87	25
大腿囲	54.5	4.31	9	56.0	7.63	13	53.6	2.33	11	54.4	4.46	3	52.1	4.43	6	53.8	5.53	7	56.0	3.84	4	55.3	2.69	24
皮脂厚上腕	11.3	6.25	9	12.2	6.02	14	9.3	4.01	11	15.2	10.02	3	9.0	2.05	6	8.9	4.10	7	13.0	2.68	4	8.66	3.51	25
皮脂厚背部	14.3	7.07	8	16.6	7.23	13	13.9	3.77	11	16.3	7.59	3	13.8	6.03	6	14.7	5.92	7	20.4	5.09	4	16.9	6.31	25
肺活量	4164.0	586.14	10	4325.0	773.91	12	4676.4	516.12	11	4273.3	706.92	3	4265.0	285.36	6	4210.0	431.08	7	4100.0	608.61	4	4328.8	578.29	25
最高血圧	123.4	10.88	9	124.5	8.04	12	130.7	10.89	9	126.3	10.69	3	129.0	7.64	6	116.8	10.76	5	126.8	5.32	4	127.9	12.14	22
最低血圧	71.0	9.06	9	73.9	5.37	12	76.2	11.21	9	70.7	11.02	3	78.0	7.24	6	67.6	4.62	5	71.3	2.75	4	74.0	7.71	22

握力	43.2	6.40	10	45.9	6.66	14	47.9	5.51	11	42.7	11.09	3	44.8	7.22	6	42.3	4.72	7	41.0	7.70	4	47.8	6.41	25
立位体前屈	8.2	9.85	10	7.6	5.62	13	7.9	5.50	11	5.1	6.19	3	9.0	4.84	6	5.6	7.69	7	11.4	8.49	4	7.2	6.12	23
垂直跳	54.3	8.38	10	56.8	8.09	13	60.6	5.12	11	50.3	5.03	3	54.7	3.72	6	50.0	8.06	7	50.3	4.79	4	53.0	7.66	25
サイドステップ	43.9	4.46	10	43.9	5.58	12	43.9	5.96	11	40.3	7.09	3	46.4	4.83	5	43.4	5.94	7	44.0	2.00	3	41.3	6.71	25

他大学出身者・大学院女子

	23才			24才			25才			26才			27才			28才			29才			30才		
	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N	M	SD	N
身長	159.9	5.72	6	160.6	5.09	7	162.7	0.21	2	162.2	0	1	—	—	—	—	—	—	151.7	0	1	162.5	4.26	3
体重	48.9	3.36	6	55.0	9.67	7	52.5	9.19	2	48.2	0	1	—	—	—	—	—	—	51.2	0	1	59.2	4.60	3
胸囲	78.3	3.22	6	81.8	7.95	7	78.3	6.01	2	77.5	0	1	—	—	—	—	—	—	83.0	0	1	87.7	5.69	3
上腕囲	23.9	2.08	6	25.5	3.19	7	22.9	4.10	2	22.2	0	1	—	—	—	—	—	—	25.5	0	1	27.3	0.58	3
大腿囲	49.9	2.24	6	53.3	4.12	7	51.4	6.01	2	47.1	0	1	—	—	—	—	—	—	53.5	0	1	53.2	1.61	3
皮脂厚上腕	12.5	3.29	6	18.5	5.61	7	15.3	8.13	2	15.0	0	1	—	—	—	—	—	—	21.0	0	1	21.2	5.39	3
皮脂厚背部	14.1	4.38	6	17.8	4.41	7	18.0	9.19	2	15.5	0	1	—	—	—	—	—	—	29.0	0	1	22.8	10.40	3
肺活量	2974.0	288.13	5	3368.6	694.86	7	2885.0	190.91	2	2800.0	0	1	—	—	—	—	—	—	2860.0	0	1	3243.3	686.76	3
最高血圧	103.7	13.34	6	113.8	12.73	6	102.5	4.95	2	100.0	0	1	—	—	—	—	—	—	124.0	0	1	117.3	14.50	3
最低血圧	60.8	9.33	6	65.5	4.28	6	58.5	0.72	2	62.0	0	1	—	—	—	—	—	—	70.0	0	1	70.3	6.66	3

握力	25.4	5.08	5	33.4	10.62	7	27.0	2.83	2	24.0	0	1	—	—	—	—	—	—	33.0	0	1	29.3	2.89	3
立位体前屈	19.6	7.93	5	11.7	6.52	7	2.9	17.11	2	10.4	0	1	—	—	—	—	—	—	19.0	0	1	12.4	4.07	3
垂直跳	41.0	4.74	5	44.6	8.85	5	38.5	4.95	2	38.0	0	1	—	—	—	—	—	—	39.0	0	1	43.3	15.30	3
サイドステップ	41.6	5.98	5	37.8	5.98	6	38.0	7.07	2	41.0	0	1	—	—	—	—	—	—	33.0	0	1	39.0	3.89	3