

'94年度 筑波大学院生 体力・運動能力測定値

筑波大学出身 大学院男子

	22才		23才		24才		25才		26才		27才		28才		29才		30才		31才		32才		全体	
	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD
身長 (cm)	173.2	5.06	171.3	5.82	172.0	4.45	174.9	6.11	172.3	7.49	176.7	1.50	176.5	2.98	175.9	0.00	173.9	0.00	171.7	5.42	171.7	5.42	171.7	5.42
体重 (kg)	64.4	12.85	65.7	14.2	66.8	10.07	68.5	5.57	70.0	5.23	71.4	2.28	71.4	2.28	71.5	0.00	71.5	0.00	66.4	9.43	66.4	9.43	66.4	9.43
胸囲 (cm)	88.7	8.08	88.0	5.59	88.5	6.42	89.3	4.06	90.7	4.25	91.4	2.55	91.4	2.55	92.7	0.00	92.7	0.00	88.6	6.19	88.6	6.19	88.6	6.19
上腕圍 (cm)	27.8	3.76	28.0	2.98	28.4	2.86	27.0	2.30	27.7	2.50	27.7	2.50	27.7	2.50	28.0	3.08	28.0	3.08	27.9	3.01	27.9	3.01	27.9	3.01
大腿圍 (cm)	53.4	5.80	53.0	3.53	54.4	4.56	51.7	3.51	51.9	4.56	51.8	0.57	51.8	0.57	51.8	0.57	51.8	0.57	51.8	0.57	51.8	0.57	51.8	0.57
皮下脂肪厚 (cm)	8.6	4.50	8.9	3.99	10.0	5.80	5.4	1.91	10.4	3.28	8.7	3.40	8.7	3.40	8.7	3.40	11.0	0.00	8.9	4.59	8.9	4.59	8.9	4.59
皮下脂肪率 (%)	13.2	8.02	11.5	5.32	14.0	8.06	8.5	3.00	12.1	8.19	14.2	5.25	14.2	5.25	14.0	0.00	14.0	0.00	12.5	6.88	12.5	6.88	12.5	6.88
肺活量 (cc)	4481.1	686.31	4617.9	744.57	4527.4	708.69	4826.0	631.62	4943.3	844.41	4946.7	912.43	5060.0	747.26	4620.0	0.00	4620.0	0.00	4538.1	712.48	4538.1	712.48	4538.1	712.48
最大血圧 (mmHg)	124.9	10.52	125.9	9.33	124.5	13.29	123.8	8.60	129.3	9.71	105.0	9.90	115.7	4.16	118.0	0.00	118.0	0.00	123.6	10.77	123.6	10.77	123.6	10.77
最低血圧 (mmHg)	71.5	8.75	74.6	8.02	70.0	8.61	72.8	8.32	73.3	5.85	61.5	4.95	61.5	4.95	68.0	0.00	68.0	0.00	72.1	8.36	72.1	8.36	72.1	8.36
握力 (kg)	44.7	6.28	44.6	5.76	48.0	6.42	49.0	6.44	48.6	7.28	41.3	2.08	49.2	5.35	48.0	0.00	48.0	0.00	45.7	6.59	45.7	6.59	45.7	6.59
立位体相図 (cm)	83	8.27	97	7.04	90	7.28	101	13.07	102	8.26	48	11.00	71	9.60	50	0.00	50	0.00	83	8.39	83	8.39	83	8.39
垂直歩法 (cm)	57.8	5.76	56.2	5.90	57.1	7.46	60.5	7.85	60.0	7.07	48.7	7.37	57.0	10.39	55.0	0.00	55.0	0.00	58.7	7.10	58.7	7.10	58.7	7.10
サイトフリップ (回)	46.9	5.27	46.8	5.40	45.6	4.71	44.8	4.79	46.6	2.76	49.0	6.56	45.0	8.19	43.0	0.00	43.0	0.00	46.1	5.11	46.1	5.11	46.1	5.11

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	22才		23才		24才		25才		26才		27才		28才		29才		30才		31才		32才		全体	
	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD
身長 (cm)	158.9	4.93	155.6	10.18	159.3	2.03	156.3	8.84	154.8	2.48	154.8	2.48	154.8	2.48	154.8	2.48	154.8	2.48	154.8	2.48	154.8	2.48	154.8	2.48
体重 (kg)	48.3	6.85	51.9	2.58	47.6	3.14	48.2	11.31	52.4	7.50	52.4	7.50	52.4	7.50	52.4	7.50	52.4	7.50	48.3	6.01	48.3	6.01	48.3	6.01
胸囲 (cm)	78.7	4.82	83.9	0.89	78.1	3.45	84.4	9.00	82.8	7.64	84.4	7.64	84.4	7.64	84.4	7.64	84.4	7.64	78.7	4.61	78.7	4.61	78.7	4.61
上腕圍 (cm)	28.4	2.15	28.1	1.85	28.1	1.35	28.3	3.18	28.3	5.02	28.3	5.02	28.3	5.02	28.3	5.02	28.3	5.02	28.3	5.02	28.3	5.02	28.3	5.02
大腿圍 (cm)	51.1	2.65	52.2	0.97	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12	51.1	1.12
皮下脂肪厚 (cm)	14.9	2.11	15.8	3.18	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80	12.6	1.80
皮下脂肪率 (%)	13.4	6.54	12.3	2.46	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50	10.4	2.50
肺活量 (cc)	2241.3	522.26	2930.0	312.25	3195.0	471.15	3040.0	377.99	2750.0	494.58	2750.0	494.58	2750.0	494.58	2750.0	494.58	2750.0	494.58	2689.5	573.65	2689.5	573.65	2689.5	573.65
最大血圧 (mmHg)	108.1	12.29	113.0	6.00	121.5	9.15	125.3	12.02	110.0	8.49	117.0	8.00	117.0	8.00	117.0	8.00	117.0	8.00	114.2	11.35	114.2	11.35	114.2	11.35
最低血圧 (mmHg)	68.7	8.73	63.0	6.00	75.7	12.86	72.0	11.31	65.0	5.66	71.0	6.00	71.0	6.00	71.0	6.00	71.0	6.00	68.1	9.16	68.1	9.16	68.1	9.16
握力 (kg)	24.3	5.55	27.8	1.89	28.6	4.03	34.8	3.89	31.8	1.86	21.0	0.00	21.0	0.00	21.0	0.00	21.0	0.00	27.3	5.43	27.3	5.43	27.3	5.43
立位体相図 (cm)	17.6	6.00	17.6	2.49	15.8	2.49	14.0	4.24	14.0	4.24	14.0	4.24	14.0	4.24	14.0	4.24	14.0	4.24	17.6	6.22	17.6	6.22	17.6	6.22
垂直歩法 (cm)	40.3	8.05	41.7	8.08	41.5	5.00	40.5	5.95	41.5	6.56	38.0	0.00	38.0	0.00	38.0	0.00	38.0	0.00	41.8	6.92	41.8	6.92	41.8	6.92
サイトフリップ (回)	37.8	7.31	40.7	2.31	40.0	0.00	46.0	1.41	42.5	4.95	38.0	0.00	38.0	0.00	38.0	0.00	38.0	0.00	39.9	5.64	39.9	5.64	39.9	5.64

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	22才		23才		24才		25才		26才		27才		28才		29才		30才		31才		32才		全体							
	M	SD	N	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)	172.4	7.89	9	179.1	0.00	1	167.7	7.40	6	176.0	6.88	3	163.6	2.10	3	---	---	---	---	---	---	---	---	---	---	---	170.3	7.05	31	
体重 (kg)	62.3	6.98	9	76.3	0.00	1	59.8	4.27	6	71.3	1.79	3	62.8	4.35	3	---	---	---	---	---	---	---	---	---	---	---	64.2	7.11	31	
胸囲 (cm)	87.3	5.72	6	94.6	0.00	1	84.6	2.91	6	90.5	4.92	3	88.0	4.39	3	---	---	---	---	---	---	---	---	---	---	---	87.9	5.35	27	
上腕圍 (cm)	27.3	3.93	6	28.5	0.00	1	26.8	2.20	6	29.8	2.65	3	29.0	1.80	3	---	---	---	---	---	---	---	---	---	---	---	28.0	2.71	27	
大腕圍 (cm)	52.7	5.88	6	57.5	0.00	1	51.9	3.65	6	55.0	4.00	3	55.9	1.13	3	---	---	---	---	---	---	---	---	---	---	---	54.0	4.04	27	
皮脂肪上層 (cm)	8.8	2.60	6	18.0	0.00	1	7.8	2.72	6	8.9	3.46	3	8.8	1.76	3	---	---	---	---	---	---	---	---	---	---	---	9.5	3.56	27	
皮脂肪層厚 (cm)	11.8	5.82	6	22.5	0.00	1	10.8	3.70	6	15.3	9.29	3	13.2	1.59	3	---	---	---	---	---	---	---	---	---	---	---	11.9	5.31	27	
体脂肪率 (%)	---	---	---	---	---	---	13.7	0.00	1	22.2	0.00	1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	18.0	6.01	2
肺活量 (cc)	4405.6	877.83	9	5540.0	0.00	1	3763.3	575.14	6	5200.0	1126.94	3	4320.0	370.41	3	---	---	---	---	---	---	---	---	---	---	---	---	4412.9	789.53	31
着席血圧 (mmHg)	127.0	9.02	4	135.0	0.00	1	125.3	9.83	6	119.0	1.41	2	129.5	4.95	2	---	---	---	---	---	---	---	---	---	---	---	---	125.8	9.43	22
立位血圧 (mmHg)	69.0	7.75	4	75.0	0.00	1	74.7	11.73	6	68.0	1.41	2	69.0	2.83	---	---	---	---	---	---	---	---	---	---	---	---	---	72.1	7.54	21
握力 (kg)	44.2	5.74	9	48.0	0.00	1	46.2	3.27	6	56.5	10.83	3	40.0	7.55	3	---	---	---	---	---	---	---	---	---	---	---	---	46.0	7.12	31
立位体動脈 (cm)	30.3	5.13	9	37.6	0.00	1	36.6	5.81	6	37.7	1.87	3	30.7	3.21	3	---	---	---	---	---	---	---	---	---	---	---	---	38.8	6.64	31
坐位体動脈 (cm)	46.7	10.25	9	54.0	0.00	1	55.8	7.83	6	58.0	7.00	3	52.3	3.22	3	---	---	---	---	---	---	---	---	---	---	---	---	54.6	7.94	31
サイトメーター (目)	46.4	5.23	9	48.0	0.00	1	43.3	5.75	6	47.7	4.94	3	45.3	3.79	3	---	---	---	---	---	---	---	---	---	---	---	---	44.2	6.49	30

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	M	SD	N	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)	---	---	---	158.0	6.06	4	168.3	1.49	2	159.7	0.00	1	160.0	0.00	1	158.3	0.00	1	---	---	---	---	---	---	---	---	---	158.9	6.14	11	
体重 (kg)	---	---	---	50.1	8.92	4	57.8	2.69	2	51.8	0.00	1	45.0	0.00	1	59.4	0.00	1	---	---	---	---	---	---	---	---	---	51.7	7.08	11	
胸囲 (cm)	---	---	---	78.9	2.71	4	82.5	0.71	2	82.2	0.00	1	74.9	0.00	1	85.1	0.00	1	---	---	---	---	---	---	---	---	---	80.2	3.51	11	
上腕圍 (cm)	---	---	---	23.9	2.17	4	26.1	1.77	2	23.3	0.00	1	24.2	0.00	1	27.5	0.00	1	---	---	---	---	---	---	---	---	---	24.9	2.18	11	
大腕圍 (cm)	---	---	---	53.7	6.13	4	56.6	0.71	2	51.1	0.00	1	47.6	0.00	1	63.3	0.00	1	---	---	---	---	---	---	---	---	---	53.8	5.61	11	
皮脂肪上層 (cm)	---	---	---	15.1	4.01	4	20.5	0.71	2	12.0	0.00	1	13.0	0.00	1	20.5	0.00	1	---	---	---	---	---	---	---	---	---	16.5	4.45	11	
皮脂肪層厚 (cm)	---	---	---	17.8	3.30	4	20.0	0.71	2	9.5	0.00	1	11.0	0.00	1	16.0	0.00	1	---	---	---	---	---	---	---	---	---	16.2	5.22	11	
体脂肪率 (%)	---	---	---	23.9	0.00	1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	23.9	0.00	1	
肺活量 (cc)	---	---	---	3092.5	1117.39	4	2950.0	212.13	2	3100.0	0.00	1	2900.0	0.00	1	2820.0	0.00	1	---	---	---	---	---	---	---	---	---	2927.0	672.59	10	
着席血圧 (mmHg)	---	---	---	112.0	6.06	4	119.0	0.00	1	117.0	0.00	1	110.0	0.00	1	104.0	0.00	1	---	---	---	---	---	---	---	---	---	112.8	5.83	9	
立位血圧 (mmHg)	---	---	---	67.0	2.83	4	76.0	0.00	1	67.0	0.00	1	68.0	0.00	1	---	---	---	---	---	---	---	---	---	---	---	---	---	68.0	4.15	9
握力 (kg)	---	---	---	20.2	3.25	3	31.5	2.12	2	21.0	0.00	1	28.0	0.00	1	32.0	0.00	1	---	---	---	---	---	---	---	---	---	---	26.0	5.36	10
立位体動脈 (cm)	---	---	---	92	6.92	4	15.4	1.98	2	25.0	0.00	1	18.0	0.00	1	7.0	0.00	1	---	---	---	---	---	---	---	---	---	---	13.6	7.03	10
坐位体動脈 (cm)	---	---	---	37.3	6.43	3	46.0	5.66	2	45.0	0.00	1	41.0	0.00	1	47.0	0.00	1	---	---	---	---	---	---	---	---	---	---	41.8	5.65	9
サイトメーター (目)	---	---	---	36.0	4.36	3	44.0	1.41	2	42.0	0.00	1	46.0	0.00	1	41.0	0.00	1	---	---	---	---	---	---	---	---	---	---	39.1	6.35	9