

資料 II 昭和62年度筑波大学大学院学生年齢・男女・出身大学別体力・運動能力測定値

筑波出身者・大学院男子(体育の院生を除く)

| | 23才 | | | 24才 | | | 25才 | | | 26才 | | | 27才 | | | 28才 | | | 29才 | | |
|-------------|--------|------|-----|--------|-------|-----|--------|------|----|--------|-------|----|--------|------|----|--------|------|----|--------|-------|----|
| | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N |
| 身長 (cm) | 171.33 | 5.83 | 144 | 170.47 | 5.29 | 186 | 169.99 | 5.41 | 86 | 170.87 | 5.65 | 42 | 168.55 | 4.10 | 34 | 172.78 | 8.40 | 19 | 169.42 | 4.97 | 12 |
| 体重 (kg) | 64.36 | 8.76 | 144 | 62.79 | 8.09 | 186 | 63.85 | 7.25 | 86 | 63.09 | 7.31 | 42 | 64.19 | 8.78 | 34 | 66.59 | 7.36 | 19 | 65.90 | 9.89 | 12 |
| 胸囲 (cm) | 88.77 | 6.15 | 142 | 88.17 | 5.60 | 183 | 89.08 | 5.47 | 86 | 89.03 | 4.79 | 41 | 89.69 | 6.19 | 34 | 89.88 | 6.94 | 19 | 89.37 | 6.01 | 11 |
| 上腕囲 (cm) | 27.71 | 2.50 | 141 | 27.42 | 2.42 | 184 | 27.96 | 2.29 | 84 | 27.82 | 1.90 | 42 | 28.62 | 2.50 | 33 | 28.69 | 1.90 | 18 | 29.10 | 3.20 | 11 |
| 大腿囲 (cm) | 53.40 | 4.15 | 142 | 52.58 | 3.78 | 183 | 52.90 | 3.59 | 84 | 52.45 | 3.44 | 42 | 52.83 | 3.73 | 34 | 53.63 | 3.67 | 18 | 54.14 | 3.73 | 11 |
| 皮脂厚上腕 (mm) | 8.62 | 4.26 | 141 | 8.35 | 3.83 | 182 | 8.42 | 3.57 | 83 | 8.35 | 3.69 | 42 | 9.52 | 3.99 | 32 | 7.94 | 3.80 | 18 | 11.50 | 7.31 | 11 |
| 皮脂厚背部 (mm) | 11.64 | 4.80 | 140 | 12.12 | 5.10 | 182 | 12.46 | 4.73 | 84 | 11.85 | 5.07 | 42 | 13.08 | 6.12 | 32 | 12.88 | 5.23 | 17 | 14.95 | 5.96 | 10 |
| 肺活量 (cc) | 4602 | 588 | 143 | 4415 | 536 | 185 | 4526 | 712 | 84 | 4577 | 653 | 41 | 4556 | 542 | 33 | 4616 | 653 | 18 | 4136 | 655 | 10 |
| 最高血圧 (mmHg) | 129.71 | 9.13 | 139 | 129.57 | 10.20 | 183 | 128.57 | 8.15 | 84 | 127.98 | 10.64 | 42 | 127.74 | 8.80 | 34 | 128.26 | 8.48 | 19 | 123.70 | 10.51 | 10 |
| 最低血圧 (mmHg) | 75.47 | 9.65 | 139 | 76.68 | 10.12 | 183 | 77.49 | 8.59 | 84 | 76.21 | 9.38 | 42 | 77.72 | 9.86 | 32 | 78.37 | 7.70 | 19 | 74.50 | 14.22 | 10 |

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|------------|-------|------|-----|-------|------|-----|-------|------|----|-------|------|----|-------|------|----|-------|------|----|-------|------|---|
| 握力 (kg) | 48.84 | 6.43 | 143 | 46.94 | 6.79 | 184 | 48.57 | 8.79 | 84 | 47.30 | 6.41 | 40 | 49.16 | 5.95 | 32 | 48.00 | 6.54 | 18 | 46.22 | 5.04 | 9 |
| 体前屈 (cm) | 12.79 | 6.35 | 140 | 12.28 | 6.15 | 182 | 11.38 | 6.45 | 82 | 10.72 | 5.86 | 40 | 12.72 | 5.01 | 31 | 9.83 | 7.16 | 18 | 6.01 | 4.45 | 8 |
| 垂直跳 (cm) | 56.11 | 6.47 | 142 | 55.19 | 6.54 | 183 | 57.99 | 9.00 | 82 | 55.40 | 7.94 | 40 | 54.19 | 7.75 | 31 | 54.61 | 7.48 | 18 | 51.86 | 4.79 | 8 |
| サイドステップ(回) | 47.06 | 4.13 | 141 | 45.51 | 5.26 | 182 | 45.56 | 5.90 | 79 | 45.25 | 5.15 | 40 | 45.50 | 4.90 | 30 | 44.39 | 2.77 | 18 | 40.13 | 3.40 | 8 |

筑波出身者・大学院女子(体育の院生を除く)

| | 23才 | | | 24才 | | | 25才 | | | 26才 | | | 27才 | | | 28才 | | | 29才 | | |
|-------------|--------|-------|----|--------|-------|----|--------|-------|----|--------|------|---|--------|-------|---|--------|-------|---|--------|-----|---|
| | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N |
| 身長 (cm) | 157.45 | 5.65 | 35 | 159.20 | 5.38 | 25 | 160.69 | 3.96 | 10 | 156.00 | 3.04 | 5 | 159.42 | 4.05 | 5 | 156.65 | 0.07 | 2 | 162.00 | 0.0 | 1 |
| 体重 (kg) | 49.49 | 5.86 | 35 | 50.12 | 4.59 | 24 | 51.72 | 2.21 | 10 | 48.98 | 5.88 | 5 | 50.20 | 5.90 | 5 | 49.00 | 1.41 | 2 | 55.20 | 0.0 | 1 |
| 胸囲 (cm) | 78.62 | 3.91 | 34 | 77.95 | 2.81 | 25 | 77.98 | 2.58 | 10 | 79.28 | 1.92 | 5 | 79.88 | 4.23 | 5 | 78.30 | 2.40 | 2 | 80.00 | 0.0 | 1 |
| 上腕囲 (cm) | 24.36 | 2.15 | 35 | 24.58 | 1.66 | 25 | 24.43 | 1.69 | 10 | 24.26 | 1.38 | 5 | 23.58 | 1.64 | 4 | 24.00 | 0.0 | 2 | 26.00 | 0.0 | 1 |
| 大腿囲 (cm) | 51.01 | 4.41 | 35 | 50.66 | 3.41 | 25 | 51.10 | 2.30 | 10 | 52.40 | 3.93 | 5 | 50.58 | 5.10 | 4 | 50.25 | 1.06 | 2 | 54.50 | 0.0 | 1 |
| 皮脂厚上腕 (mm) | 18.80 | 4.97 | 35 | 18.18 | 4.81 | 25 | 18.70 | 5.90 | 10 | 17.50 | 5.60 | 5 | 16.00 | 4.24 | 4 | 16.50 | 4.24 | 2 | 20.00 | 0.0 | 1 |
| 皮脂厚背部 (mm) | 15.49 | 3.89 | 34 | 16.60 | 5.07 | 25 | 16.35 | 3.80 | 10 | 17.40 | 3.19 | 5 | 14.75 | 5.74 | 4 | 15.50 | 0.0 | 2 | 22.00 | 0.0 | 1 |
| 肺活量 (cc) | 2872 | 424 | 34 | 2992 | 420 | 25 | 3120 | 261 | 10 | 2720 | 531 | 5 | 2960 | 418 | 5 | 2730 | 14.14 | 2 | 3700 | 0.0 | 1 |
| 最高血圧 (mmHg) | 115.29 | 10.23 | 34 | 115.14 | 11.41 | 22 | 116.10 | 11.08 | 10 | 112.75 | 7.27 | 4 | 120.00 | 7.65 | 5 | 120.00 | 0.0 | 2 | 128.00 | 0.0 | 1 |
| 最低血圧 (mmHg) | 70.09 | 7.93 | 34 | 69.57 | 8.56 | 21 | 71.30 | 8.26 | 10 | 74.00 | 3.56 | 4 | 76.00 | 13.06 | 5 | 82.50 | 4.95 | 2 | 76.00 | 0.0 | 1 |

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|------------|-------|------|----|-------|------|----|-------|------|---|-------|------|---|-------|------|---|-------|-----|---|-------|-----|---|
| 握力 (kg) | 30.94 | 4.54 | 35 | 30.84 | 4.35 | 25 | 30.33 | 3.64 | 9 | 30.00 | 4.90 | 4 | 32.40 | 1.34 | 5 | 35.00 | 0.0 | 1 | 34.00 | 0.0 | 1 |
| 体前屈 (cm) | 15.13 | 4.78 | 35 | 14.89 | 4.80 | 25 | 12.38 | 7.86 | 9 | 15.95 | 3.99 | 4 | 8.60 | 9.16 | 5 | 19.00 | 0.0 | 1 | 18.50 | 0.0 | 1 |
| 垂直跳 (cm) | 39.03 | 4.98 | 34 | 37.33 | 5.05 | 24 | 38.38 | 4.50 | 8 | 37.25 | 4.57 | 4 | 43.40 | 6.03 | 5 | 40.00 | 0.0 | 1 | 33.00 | 0.0 | 1 |
| サイドステップ(回) | 39.62 | 4.92 | 34 | 39.96 | 5.81 | 24 | 37.50 | 6.02 | 8 | 40.50 | 3.32 | 4 | 40.75 | 3.20 | 4 | — | — | — | 41.00 | 0.0 | 1 |

筑波出身者以外・大学院男子 (体育の院生を除く)

| | 23才 | | | 24才 | | | 25才 | | | 26才 | | | 27才 | | | 28才 | | | 29才 | | |
|-------------|--------|-------|----|--------|-------|----|--------|------|----|--------|-------|----|--------|-------|----|--------|-------|----|--------|-------|----|
| | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N |
| 身長 (cm) | 170.85 | 6.39 | 41 | 170.68 | 6.12 | 75 | 168.73 | 6.05 | 53 | 170.44 | 5.62 | 47 | 170.96 | 6.77 | 31 | 171.16 | 5.51 | 27 | 171.33 | 7.78 | 23 |
| 体重 (kg) | 62.05 | 6.17 | 41 | 61.71 | 7.00 | 74 | 62.32 | 6.83 | 53 | 63.86 | 7.69 | 47 | 66.43 | 7.88 | 31 | 66.24 | 6.54 | 27 | 65.95 | 11.93 | 23 |
| 胸囲 (cm) | 87.15 | 3.93 | 41 | 87.21 | 5.21 | 74 | 87.94 | 4.04 | 53 | 89.17 | 4.86 | 45 | 90.18 | 5.18 | 31 | 90.08 | 5.16 | 27 | 90.66 | 7.48 | 23 |
| 上腕囲 (cm) | 27.09 | 2.12 | 41 | 27.13 | 2.27 | 73 | 27.70 | 1.96 | 56 | 28.03 | 2.33 | 42 | 28.03 | 2.20 | 30 | 28.35 | 2.50 | 27 | 27.98 | 2.69 | 23 |
| 大腿囲 (cm) | 52.05 | 3.45 | 41 | 51.78 | 3.84 | 73 | 52.27 | 3.16 | 56 | 52.94 | 3.19 | 42 | 53.51 | 3.66 | 30 | 53.41 | 3.77 | 27 | 53.23 | 4.62 | 23 |
| 皮脂厚上腕 (mm) | 7.76 | 2.90 | 41 | 8.66 | 4.53 | 72 | 8.83 | 3.52 | 55 | 8.04 | 3.32 | 42 | 9.86 | 4.20 | 29 | 9.02 | 3.69 | 26 | 8.59 | 4.40 | 22 |
| 皮脂厚背部 (mm) | 11.79 | 4.48 | 41 | 11.69 | 5.15 | 72 | 13.84 | 6.08 | 56 | 13.72 | 5.01 | 41 | 13.57 | 5.59 | 27 | 12.76 | 5.02 | 27 | 13.59 | 5.61 | 23 |
| 肺活量 (cc) | 4154 | 631 | 41 | 4212 | 651 | 76 | 4208 | 554 | 56 | 4369 | 670 | 44 | 4239 | 579 | 31 | 4427 | 554 | 27 | 4321 | 525 | 22 |
| 最高血圧 (mmHg) | 128.42 | 12.18 | 41 | 127.33 | 10.19 | 70 | 128.60 | 8.82 | 52 | 126.56 | 13.45 | 45 | 128.10 | 10.87 | 29 | 128.62 | 11.08 | 26 | 126.23 | 9.00 | 22 |
| 最低血圧 (mmHg) | 76.71 | 13.00 | 41 | 78.30 | 8.78 | 70 | 77.18 | 7.92 | 50 | 75.59 | 8.64 | 44 | 74.24 | 8.38 | 29 | 77.23 | 10.21 | 26 | 75.23 | 8.77 | 22 |

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|------------|-------|------|----|-------|------|----|-------|------|----|-------|------|----|-------|------|----|-------|------|----|-------|------|----|
| 握力 (kg) | 45.08 | 5.78 | 40 | 47.09 | 6.42 | 76 | 45.78 | 7.19 | 55 | 47.55 | 6.98 | 42 | 48.03 | 7.03 | 30 | 48.33 | 6.29 | 27 | 46.86 | 8.39 | 21 |
| 体前屈 (cm) | 12.96 | 6.73 | 40 | 11.75 | 5.93 | 76 | 9.65 | 5.74 | 55 | 10.36 | 6.17 | 40 | 9.84 | 6.39 | 30 | 12.21 | 5.08 | 26 | 11.13 | 5.13 | 21 |
| 垂直跳 (cm) | 54.38 | 7.41 | 40 | 52.08 | 6.77 | 76 | 51.82 | 6.12 | 54 | 51.71 | 5.52 | 42 | 53.67 | 7.46 | 30 | 53.27 | 5.23 | 26 | 51.50 | 6.69 | 20 |
| サイドステップ(回) | 44.78 | 4.74 | 40 | 44.22 | 6.23 | 76 | 41.85 | 4.64 | 53 | 41.86 | 7.04 | 40 | 40.63 | 5.97 | 30 | 41.27 | 5.75 | 26 | 39.45 | 5.47 | 20 |

筑波出身者以外・大学院女子 (体育の院生を除く)

| | 23才 | | | 24才 | | | 25才 | | | 26才 | | | 27才 | | | 28才 | | | 29才 | | |
|-------------|--------|------|----|--------|-------|----|--------|-------|----|--------|------|----|--------|-------|----|--------|-------|----|--------|-------|---|
| | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N |
| 身長 (cm) | 159.37 | 4.96 | 15 | 158.29 | 4.94 | 31 | 158.49 | 5.72 | 18 | 159.73 | 4.01 | 11 | 158.25 | 4.98 | 10 | 158.65 | 4.46 | 12 | 158.96 | 6.41 | 8 |
| 体重 (kg) | 54.34 | 7.18 | 15 | 49.89 | 5.21 | 31 | 50.27 | 5.31 | 18 | 50.04 | 2.37 | 11 | 51.89 | 5.88 | 10 | 51.08 | 4.53 | 12 | 52.05 | 10.64 | 8 |
| 胸囲 (cm) | 81.31 | 5.37 | 15 | 77.98 | 3.92 | 30 | 78.36 | 3.41 | 18 | 78.31 | 2.83 | 11 | 79.57 | 5.48 | 10 | 80.19 | 2.94 | 10 | 81.51 | 8.34 | 7 |
| 上腕囲 (cm) | 25.66 | 2.84 | 16 | 24.06 | 2.14 | 29 | 23.99 | 1.84 | 17 | 24.10 | 1.71 | 10 | 24.81 | 2.19 | 8 | 25.06 | 1.69 | 12 | 24.54 | 2.71 | 7 |
| 大腿囲 (cm) | 53.51 | 5.24 | 16 | 50.95 | 3.39 | 29 | 50.84 | 3.61 | 17 | 50.55 | 3.45 | 10 | 52.63 | 3.52 | 8 | 51.38 | 3.43 | 12 | 51.19 | 3.36 | 7 |
| 皮脂厚上腕 (mm) | 20.06 | 7.03 | 16 | 19.17 | 4.98 | 29 | 16.29 | 4.42 | 17 | 18.65 | 5.83 | 10 | 20.06 | 7.27 | 8 | 20.58 | 6.81 | 12 | 15.21 | 2.61 | 7 |
| 皮脂厚背部 (mm) | 18.04 | 5.78 | 14 | 16.46 | 4.92 | 28 | 15.24 | 3.13 | 17 | 16.50 | 5.22 | 10 | 16.81 | 3.75 | 8 | 19.88 | 6.85 | 12 | 16.79 | 5.71 | 7 |
| 肺活量 (cc) | 2981 | 500 | 16 | 2760 | 408 | 28 | 2926 | 432 | 17 | 3009 | 377 | 11 | 3219 | 423 | 7 | 2963 | 489 | 12 | 2914 | 651 | 7 |
| 最高血圧 (mmHg) | 119.07 | 7.14 | 15 | 115.92 | 10.95 | 26 | 116.38 | 10.36 | 16 | 112.22 | 5.31 | 9 | 117.29 | 10.11 | 7 | 118.60 | 11.68 | 10 | 118.50 | 8.52 | 8 |
| 最低血圧 (mmHg) | 74.40 | 6.54 | 15 | 71.50 | 9.27 | 26 | 71.94 | 6.70 | 16 | 70.75 | 9.50 | 8 | 71.57 | 7.76 | 7 | 75.30 | 7.57 | 10 | 73.75 | 5.83 | 8 |

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|------------|-------|------|----|-------|------|----|-------|------|----|-------|------|---|-------|------|---|-------|------|----|-------|-------|---|
| 握力 (kg) | 31.19 | 7.04 | 16 | 29.35 | 5.26 | 29 | 31.44 | 3.67 | 16 | 30.00 | 3.54 | 9 | 32.25 | 4.53 | 8 | 29.00 | 3.40 | 10 | 30.29 | 11.43 | 7 |
| 体前屈 (cm) | 16.36 | 5.34 | 16 | 14.66 | 7.81 | 27 | 15.02 | 6.86 | 16 | 17.19 | 6.80 | 9 | 15.94 | 8.79 | 8 | 13.55 | 7.49 | 10 | 10.24 | 3.42 | 7 |
| 垂直跳 (cm) | 39.40 | 7.41 | 15 | 35.89 | 6.10 | 27 | 36.20 | 6.83 | 15 | 34.89 | 7.51 | 9 | 37.50 | 5.93 | 8 | 32.80 | 5.57 | 10 | 34.86 | 7.65 | 7 |
| サイドステップ(回) | 38.36 | 6.74 | 14 | 35.21 | 7.28 | 24 | 38.07 | 3.52 | 15 | 35.00 | 5.81 | 9 | 35.50 | 4.99 | 8 | 33.00 | 6.65 | 10 | 33.57 | 9.27 | 7 |

大学院男子全体 (体育の院生を除く)

| | 23才 | | | 24才 | | | 25才 | | | 26才 | | | 27才 | | | 28才 | | | 29才 | | | | | |
|------------|--------|-------|-----|--------|-------|-----|--------|------|-----|--------|-------|----|--------|------|----|--------|------|----|--------|------|----|--------|-------|----|
| | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | | | |
| 身長 | 171.22 | 5.94 | 185 | 170.53 | 5.53 | 261 | 169.51 | 5.68 | 139 | 170.64 | 5.61 | 89 | 169.70 | 5.62 | 65 | 171.83 | 6.81 | 46 | 170.67 | 6.81 | 46 | 170.67 | 6.92 | 35 |
| 体重 | 63.85 | 8.30 | 185 | 62.48 | 7.80 | 260 | 63.27 | 7.11 | 139 | 63.50 | 7.48 | 89 | 65.26 | 8.37 | 65 | 66.39 | 6.81 | 46 | 65.93 | 6.81 | 46 | 65.93 | 11.12 | 35 |
| 胸囲 | 88.41 | 5.76 | 183 | 87.90 | 5.50 | 257 | 88.64 | 4.99 | 139 | 89.10 | 4.80 | 86 | 89.93 | 5.69 | 65 | 90.00 | 5.89 | 46 | 90.24 | 5.89 | 46 | 90.24 | 6.98 | 34 |
| 上腕囲 | 27.57 | 2.43 | 182 | 27.34 | 2.38 | 257 | 27.85 | 2.16 | 140 | 27.96 | 2.12 | 84 | 28.34 | 2.36 | 63 | 28.48 | 2.26 | 45 | 28.34 | 2.26 | 45 | 28.34 | 2.86 | 34 |
| 大腿囲 | 53.10 | 4.03 | 183 | 52.36 | 3.81 | 256 | 52.65 | 3.43 | 140 | 52.70 | 3.31 | 84 | 53.15 | 3.68 | 64 | 53.50 | 3.69 | 45 | 53.52 | 3.69 | 45 | 53.52 | 4.32 | 34 |
| 皮脂厚上腕 | 8.43 | 4.00 | 182 | 8.44 | 4.03 | 254 | 8.58 | 3.54 | 138 | 8.19 | 3.49 | 84 | 9.68 | 4.06 | 61 | 8.58 | 3.73 | 44 | 9.56 | 3.73 | 44 | 9.56 | 5.60 | 33 |
| 皮脂厚背部 | 11.67 | 4.72 | 181 | 11.99 | 5.11 | 254 | 13.01 | 5.33 | 140 | 12.77 | 5.09 | 83 | 13.31 | 5.84 | 59 | 12.81 | 5.04 | 44 | 14.00 | 5.04 | 44 | 14.00 | 5.66 | 33 |
| 肺活量 | 4502 | 4502 | 625 | 4356 | 578 | 261 | 4399 | 670 | 140 | 4469 | 666 | 85 | 4403 | 578 | 64 | 4503 | 596 | 45 | 4263 | 596 | 45 | 4263 | 565 | 32 |
| 最高血圧 | 129.42 | 9.88 | 180 | 128.95 | 10.22 | 253 | 128.58 | 8.38 | 136 | 127.24 | 12.13 | 87 | 127.91 | 9.73 | 63 | 128.47 | 9.96 | 45 | 125.44 | 9.96 | 45 | 125.44 | 9.40 | 32 |
| 最低血圧 | 75.75 | 10.48 | 180 | 77.13 | 9.78 | 253 | 77.37 | 8.32 | 134 | 75.90 | 8.96 | 86 | 76.07 | 9.28 | 61 | 77.71 | 9.15 | 45 | 75.00 | 9.15 | 45 | 75.00 | 10.53 | 32 |
| 握力 | 48.02 | 6.47 | 183 | 46.99 | 6.67 | 260 | 47.47 | 6.28 | 139 | 47.43 | 6.67 | 82 | 48.61 | 6.61 | 62 | 48.20 | 6.32 | 45 | 46.67 | 6.32 | 45 | 46.67 | 7.46 | 30 |
| 体前屈 | 12.82 | 6.41 | 180 | 12.12 | 6.08 | 258 | 10.68 | 6.21 | 137 | 10.54 | 5.98 | 80 | 11.30 | 5.87 | 61 | 11.23 | 6.06 | 44 | 9.72 | 6.06 | 44 | 9.72 | 5.40 | 29 |
| 垂直跳 | 55.73 | 6.71 | 182 | 54.27 | 6.75 | 259 | 54.21 | 8.19 | 136 | 53.51 | 7.02 | 82 | 53.93 | 7.55 | 61 | 53.82 | 6.20 | 44 | 51.61 | 6.20 | 44 | 51.61 | 6.12 | 28 |
| サイドステップ(回) | 46.55 | 4.36 | 181 | 45.13 | 5.58 | 258 | 44.07 | 5.59 | 132 | 43.56 | 6.36 | 80 | 43.07 | 5.95 | 60 | 42.55 | 4.96 | 44 | 39.64 | 4.96 | 44 | 39.64 | 4.92 | 28 |

大学院女子全体 (体育の院生を除く)

| | 23才 | | | 24才 | | | 25才 | | | 26才 | | | 27才 | | | 28才 | | | 29才 | | | | | |
|------------|--------|------|----|--------|-------|----|--------|-------|----|--------|------|----|--------|-------|----|--------|-------|----|--------|-------|----|--------|-------|---|
| | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | M | SD | N | | | |
| 身長 | 158.02 | 5.48 | 50 | 158.67 | 5.12 | 56 | 159.28 | 5.20 | 28 | 158.56 | 4.05 | 16 | 158.64 | 4.58 | 15 | 158.36 | 4.17 | 14 | 159.31 | 4.17 | 14 | 159.31 | 6.08 | 9 |
| 体重 | 50.95 | 6.57 | 50 | 50.00 | 4.91 | 55 | 50.79 | 4.46 | 28 | 49.71 | 3.64 | 16 | 51.33 | 5.73 | 15 | 50.78 | 4.25 | 14 | 52.40 | 4.25 | 14 | 52.40 | 10.01 | 9 |
| 胸囲 | 79.44 | 4.53 | 49 | 77.97 | 3.43 | 55 | 78.22 | 3.10 | 28 | 78.61 | 2.56 | 16 | 79.67 | 4.94 | 15 | 79.86 | 2.85 | 12 | 81.33 | 2.85 | 12 | 81.33 | 7.74 | 8 |
| 上腕囲 | 24.77 | 2.44 | 51 | 24.30 | 1.93 | 54 | 24.15 | 1.77 | 27 | 24.15 | 1.56 | 15 | 24.40 | 2.04 | 12 | 24.91 | 1.60 | 14 | 24.73 | 1.60 | 14 | 24.73 | 2.56 | 8 |
| 大腿囲 | 51.80 | 4.78 | 51 | 50.82 | 3.37 | 54 | 50.94 | 3.14 | 27 | 51.17 | 3.59 | 15 | 51.94 | 4.00 | 12 | 51.21 | 3.20 | 14 | 51.60 | 3.20 | 14 | 51.60 | 3.32 | 8 |
| 皮脂厚上腕 | 19.20 | 5.65 | 51 | 18.71 | 4.88 | 54 | 17.19 | 5.05 | 27 | 18.27 | 5.38 | 15 | 18.71 | 6.52 | 12 | 20.00 | 6.55 | 14 | 15.81 | 6.55 | 14 | 15.81 | 2.95 | 8 |
| 皮脂厚背部 | 16.23 | 4.61 | 48 | 16.53 | 4.95 | 53 | 15.65 | 3.37 | 27 | 16.80 | 4.54 | 15 | 16.13 | 4.35 | 12 | 19.25 | 6.50 | 14 | 17.50 | 6.50 | 14 | 17.50 | 5.66 | 8 |
| 肺活量 | 2907 | 448 | 50 | 2869 | 426 | 53 | 2898 | 384 | 27 | 2919 | 435 | 16 | 3111 | 423 | 12 | 2929 | 458 | 14 | 3013 | 458 | 14 | 3013 | 664 | 8 |
| 最高血圧 | 116.45 | 9.48 | 49 | 115.56 | 11.05 | 48 | 116.27 | 10.42 | 26 | 112.39 | 5.67 | 13 | 118.42 | 8.89 | 12 | 118.83 | 10.58 | 12 | 119.56 | 10.58 | 12 | 119.56 | 8.58 | 9 |
| 最低血圧 | 71.41 | 7.23 | 49 | 70.64 | 8.91 | 47 | 71.69 | 7.19 | 26 | 71.83 | 7.96 | 12 | 73.42 | 10.00 | 12 | 76.50 | 7.55 | 12 | 74.00 | 7.55 | 12 | 74.00 | 5.50 | 9 |
| 握力 | 31.02 | 5.38 | 51 | 30.04 | 4.87 | 54 | 31.04 | 3.63 | 25 | 30.00 | 3.79 | 13 | 32.31 | 3.55 | 13 | 29.55 | 3.67 | 11 | 30.75 | 3.67 | 11 | 30.75 | 10.66 | 8 |
| 体前屈 | 15.51 | 4.94 | 51 | 14.77 | 6.47 | 52 | 14.07 | 7.19 | 25 | 16.81 | 5.93 | 13 | 13.12 | 9.32 | 13 | 14.05 | 7.30 | 11 | 11.28 | 7.30 | 11 | 11.28 | 4.31 | 8 |
| 垂直跳 | 39.14 | 5.76 | 49 | 36.57 | 5.62 | 51 | 36.96 | 6.10 | 23 | 35.62 | 6.64 | 13 | 39.77 | 6.44 | 13 | 33.46 | 5.72 | 11 | 34.63 | 5.72 | 11 | 34.63 | 7.11 | 8 |
| サイドステップ(回) | 39.25 | 5.47 | 48 | 37.58 | 6.95 | 48 | 37.87 | 4.41 | 23 | 36.69 | 5.68 | 13 | 37.25 | 5.03 | 12 | 33.00 | 6.65 | 10 | 34.50 | 6.65 | 10 | 34.50 | 8.98 | 8 |