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III 章 健康者における傾斜面でのリバウンドジャンプの負荷特性－伸張負荷強度の相違に着目して－（研究課題1－1）

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Table 4. Statistical data for the results of relative work about the hip, knee and ankle joints during eccentric phase in RDJ30 and RDJ50.

IV 章 健康者における傾斜面でのリバウンドジャンプの負荷特性－跳躍方法の相違に着目して－（研究課題1－2）

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V 章 競技者における傾斜面でのリバウンドジャンプの負荷特性－跳躍トレーニング経験および跳躍方法の相違に着目して－（研究課題1－3）

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VI章 傾斜面でのリバウンドジャンプにおける腓腹筋のstiffnessがアキレス腱張力に及ぼす影響（研究課題2）

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図のタイトル一覧

III 章 健康者における傾斜面でのリバウンドジャンプの負荷特性－伸張負荷強度の相違に着目して－（研究課題1－1）

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IV章 健康者における傾斜面でのリバウンドジャンプの負荷特性－跳躍方法の相違に着目して－（研究課題1－2）

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