

## 研究業績 英文表記

和文	
表題	高校ラグビー部生徒への健康支援を通じた高大連携の取り組み
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英文	
Title	A Cooperative Research on Health Support for High School Students of Rugby Club between High School and University
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Abstract	<p>We performed health support for high school students who belong to the rugby club of S high school on health from 2010 to 2012.</p> <p>The shortage of the amount of dietary intake, especially, cereals, milks, vegetables and seafood were found from the dietary survey of the 1st year. Therefore, we advised them to increase these intakes. From the dietary survey of the 2nd year, we found that these intakes increased. Furthermore, we also investigated sleeping conditions, life rhythms and subjective symptoms. These categories have been improved by the increase of the investigation frequency. Although the relationship between lifestyle and dietary habits was investigated, it was unrelated among both. From the above, it was suggested that dietary habits were difficult to change only by our support to students, although daily lifestyle was easily improved by them. Therefore, it is considered that the periodical support including families of the high school students is necessary for their health support.</p>
keyword	Health support, Rugby club

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