

研究業績 英文表記

| 和文 | |
|-------------|---|
| 表題 | 小学校低・中学年における 30 秒椅子立ち上がりテストと身体機能との関連 |
| 著者名 | 村田 伸, 安彦 鉄平, 久保 温子, 宮崎 純弥, 甲斐 義浩, 宮地 諒, 田中 真一, 満丸 望, 上城 憲司 |
| 所属 | 西九州大学リハビリテーション学部 |
| 英文 | |
| Title | Relationship between performance in the 30-sec chair-stand test and physical function of first to fourth-grade elementary school students |
| Author | Shin Murata, Teppei Abiko, Atsuko Kubo, Junya Miyazaki, Yoshihiro Kai, Ryo Miyachi, Shinichi Tanaka, Nozomi Mitsumaru, Kenji Kamijo |
| Affiliation | Faculty of Rehabilitation Science, Nishikyushu University |
| Abstract | <p>Abstract: This study examined the usefulness of the 30-Second Chair Stand Test (CS-30), which was developed as a method to measure elderly people's lower limb muscle strength, for the physical fitness assessment of elementary school students. In addition to the CS-30 score and hand grip strength, the height, weight, number of sit-ups, sit-and-reach test score, repeated sideways jump time, standing long jump distance, and duration of the double-support period were measured in a total of 157 first to fourth-grade elementary school students (male: 86, female: 71, mean age: 7.5±1.2). The sit-and-reach test score varied between males and females, but there were no sex differences in the other parameters. Correlation analysis revealed significant correlations between the CS-30 score and all physical function parameters, although such correlations were not observed with the height or weight. The results support the usefulness of CS-30 as a method to conveniently assess first to fourth-grade elementary school students' physical fitness without using special devices.</p> |
| keyword | first to fourth-grade elementary school students, 30-second chair stand test, hand grip strength |

※本データの英文表記は実際の論文上の表記とは異なります。