

## 研究業績 英文表記

和文	
表題	若者および高齢者における毎日の歩数差の評価
著者名	岸川由紀 <sup>1</sup> , 宮原洋八 <sup>1</sup> , 内之浦真士 <sup>2</sup> , 山口裕嗣 <sup>3</sup> , 西村政次郎 <sup>2</sup> , 柴田真一 <sup>2</sup> , 柴田元 <sup>2</sup>
所属	<sup>1</sup> 西九州大学リハビリテーション学部, <sup>2</sup> 久留米リハビリテーション病院, <sup>3</sup> 西九州大学健康福祉学部
英文	
Title	Assessment of daily step differences between youth and elders
Author	Hiroya Miyabara <sup>1</sup> , Makoto Uchinoura <sup>2</sup> , Yuki Kishikawa <sup>1</sup> , Yuji Yamaguchi <sup>3</sup> , Youhei Komatsu <sup>1</sup> , Moemi Matsuo <sup>1</sup> , Seijiro Nishimura <sup>2</sup> , Shinichi Shibata <sup>2</sup> , Hajime Shibata <sup>2</sup>
Affiliation	<sup>1</sup> Faculty of Rehabilitation, Nishikyusyu University, <sup>2</sup> Kurume Rehabilitation Hospital, <sup>3</sup> Faculty of Health and Social Welfare Sciences, Nishikyusyu University
Abstract	[Purpose] The main objective of this study was to assess daily steps differences between youth and elders. [Method] Thirty-five youth and fifteen elders participated in this study. The following variables were assessed: age, body mass index, frequency of exercise, and pedometer data. The participants were asked to wear pedometer (Tanita PD-646) for their waist for 7 days and recorded daily steps. We assessed of daily steps differences between youth and elders. [Results] The daily steps average of youth was 5,267 steps, and that of elders was 6,711 steps. The result showed significantly fewer daily steps in youth than elders. There was no significant correlation between the weekly steps and age, BMI, frequency of moderate exercise in both youth and elders.
keyword	Pedometer, Youth, Elder

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