

## 研究業績 英文表記

和文	
表題	中高年運動実施者の健康・スポーツに関する調査研究
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英文	
Title	Investigation of Health and Sports Activity in Middle and Old Age Athletes
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Abstract	<p>The purpose of this study is to investigate the everyday activity custom and health condition of those who are carrying out continuous activity, and to clarify the measure of self-health care administration at a middle and old age athletes. The candidate carried out in questionnaire about 37 subjects of the badminton and a table-tennis lover of the middle and old age athletes. The results were summarized below:</p> <ol style="list-style-type: none"> <li>1. Health condition and a lifestyle are good and periodical activity had contributed them.</li> <li>2. The middle-aged subject of activity years of experience was longer than the aged, and there were much those to whom the aged began after-retirement sports to the thing with much subject to a middle-aged who had been working for some time in the athletic club etc.</li> <li>3. Those who feel obstacles, such as a pain, for the body by sports have more middle-aged persons than the aged, and are mentioning warming up, stretch, line training etc, as an important matter of the future continuation of sports.</li> <li>4. The physical activity from the number of steps was satisfied. These results suggested that the middle and old age athletes had high self-health-care-administration consciousness.</li> </ol>
keyword	middle and old age, sports custom, self-health care

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