研究業績　英文表記

和文	
表題	体脂肪量と上腕の皮下脂肪厚および周径に関する研究
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英文	
Title	Study on body fat mass and subcutaneous fat thickness and circumference of the upper arm
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Abstract	Many soft tissues, such as muscle, fat layer, and bone, are present in the circumference. In this study, we investigated the relationship between body fat and upper arm circumference and subcutaneous fat thickness, focusing on the fat layer. Thirty-four male and female university students (19 males and 15 females, mean age 20.7±0.5 years) were subjects. Circumferential measurement tapes were used for upper arm circumference, and bioelectrical impedance and caliper methods were used to measure subcutaneous fat thickness. Body fat and muscle mass were also measured as body composition. Upper arm circumference and subcutaneous fat thickness were measured twice, and the reproducibility was confirmed to be sufficient and reliable. Body fat mass was correlated with upper arm circumference and subcutaneous fat thickness, and multiple regression equations were obtained with body fat mass as the dependent variable and upper arm circumference and subcutaneous fat thickness as independent variables. The results suggest that body fat mass can be predicted by utilizing subcutaneous fat thickness measurements and upper arm circumference measurements.
keyword	Body fat mass

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