

東京大学新入生の体格類型別にみた 基礎的運動能力の分析

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A Study on the Relationship between Physique and General Motor Ability

by

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The purpose of this study was to analyze statistically the relationship between physique and general motor ability of university students. Subjects were 2500 freshmen enrolled at the University of Tokyo. Tests and measurements were made in May, 1970. Items tested and measured were height, weight, vertical jump, side-step test, push-ups, and Havard Step Test. The data were processed and analyzed according to following procedures: (1) Heights and weights of students were divided into seven parts according to their means and standard deviations, respectively; then, each of those seven parts of height and weight was combined to make 7×7 matrix of physique (physique-address). (2) 13 bodily types were arrayed from this physique address and they were used as standards to classify the bodily types of the subjects. Then, their general motor abilities were delineated and analyzed according to those bodily types. Followings were the results obtained from this study.

1. The group of students who were in the 7th bodily type, which was located in the middle of the scale of the standards, showed the highest mean values in four motor abilities tested.

2. As groups of students slid up and down the scale of the bodily types from the middle, their mean values of motor abilities tended to diminish.

3. Therefore, from above results, it was concluded that when evaluation was going to be made on students' motor abilities, the superiority or inferiority of their physique must be taken into consideration. [Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 6, 39~46, 1971]

I 研究目的および研究方法

本研究は、昭和45年度東京大学新入生男子に対して入学時に実施した、垂直とび・反復横とび・腕立伏臥腕屈伸・踏台昇降運動の4種目の基礎的

運動能力テストについて、後述する身長と体重との組み合わせから作成した体格番地および体格類型により、体格のどのような位置にあるものすなわちどのような体つきをしているものが上述の基礎的運動能力においてすぐれているかを、統計的分析を通して明らかにし、大学の一般体育にお

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