

# 大学正課体育実技の教育効果に関する研究

## (2) 筋力・筋持久力におよぼす効果について

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### Studies on the Educational Effects of Required Physical Activity Courses at University of Tokyo

#### On the Effect of Required Physical Activity Course on Muscular Strength and Endurance

by

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This study was intended to identify the effect of required physical activity courses provided at the University of Tokyo on students' muscular strength and endurance. As subjects, twenty-seven male freshmen students were arbitrarily picked out of the bodies of students who took soccer, volleyball, conditioning exercise, or physical training class for a semester which lasted for thirteen weeks from April, 1967. One class hour was ninety minutes and the class was held once a week. Items tested and measured were standard anthropometrical measurements such as height, weight, chest girth, etc.; strength in forearm extension and flexion, and in leg extension; and endurance in leg extension. Followings were the results obtained.

1. Both muscular strength and endurance showed the tendency to be increased by the required physical activity courses conducted ninety minutes a day and once a week, but there was no sign of specific increase in muscular strength or endurance corresponding to the specificity of each physical activity.

2. It was identified that the less the muscle had been trained the greater the increase in muscular strength was.

3. The required physical activity courses conducted for ninety minutes a day and once a week could be effective stimuli for students with weak muscle, while they might not be expected to be effective for people with reasonably strong muscle. [Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 6, p. 7~16, 1971]

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