

大学正課体育実技の教育効果に関する研究

(6) 正課体育実技における各種スポーツゲーム

実施中の心拍変動について

広田 公一* 豊田 博* 青山 昌二* 遠藤 郁夫*
 野崎 康明* 山本 恵三* 北川 薫* 古沢 久夫*
 中塘二三夫* 島津 大宣** 竹内 正雄*** 清水 教永****

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

(6) Changes of Heart Rate during the Sports Games in Required Physical Education Lessons of University of Tokyo

by

KOICHI HIROTA, HIROSHI TOYODA, SHOJI AOYAMA, FUMIO ENDO, YASUAKI NOZAKI,
 KEIZO YAMAMOTO, KAORU KITAGAWA, HISAO FURUSAWA, FUMIO NAKADOMO,
 DAISEN SHIMAZU, MASAO TAKEUCHI and NORINAGA SHIMIZU

(Department of Physical Education, College of General Education, University of Tokyo)

We investigated the changes of heart rate by telemetering method during the sports games in required physical education lessons of University of Tokyo. The subjects were 22 healthy normal male students who were selected in the eight kinds of sports class (handball, soccer, basketball, tennis, volleyball, table-tennis, baseball, badminton).

The results were as follows,

1) Average heart rate during handball, soccer and basketball games were about 170-175 beats per minutes. Some times in these games, we observed above 190 beats per minutes. To participate in these games for 24-30 minutes are very useful training to promote the circulo-respiratory endurance of students.

But it is very important problem for students that they can only have these sports activities once a week regularly.

2) Average heart rate during tennis, volleyball, table-tennis and baseball players (fielder in defence side) were 120-140 beats per minutes. These increase of heart rate in the game were lower than that of the handball, soccer, and basketball.

These intensity are feeble for university students to improve the circulo-respiratory endurance. [Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 7, 1-6, 1972]

* 東京大学教養学部体育研究室

** 日本女子大学体育研究室

*** 星薬科大学体育研究室

**** 大阪府立大学体育研究室