

バレーボール選手の体力に関する研究

(第4報) ミュンヘンオリンピック候補選手(男子)の体力について

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Studies on the Physical Abilities of Volleyball Players

(Report 4: Physical Abilities of All Japan Men Volleyball Players)

by

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In order to diagnose the physical abilities and to obtain the data for training program, authors investigated the status of physical performances of all japan men volleyball players who got the gold medal in Munich Olympic Games held in 1972.

Fifteen players were tested as subjects, who performed 17 items of physical performance tests and pulmonary function test by respirometer. These data obtained were compared with those of candidate men players of Mexico Olympic Games.

The results were as follows.

- 1) Average of data obtained by these tests were superior than that of the candidate players of Mexico Olympic Games, except grip strength and back strength.
- 2) Physical abilities of eight players who have been selected as all japan national players since 1968, were improved more, especially in jumping abilities, agility, flexibility and body control abilities, except grip and back strength.
- 3) We consider that these improvement are the effect of new training method named acrobatic training. And these results showed us that physical performance of all japan men volleyball players are reached the top class physical level in the world.
- 4) They need more improvement in muscular strength of whole body by introducing the heavy weight trainings. [Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 7, 23-28, 1972]

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