

筋力トレーニングが心肥大に及ぼす影響

要約

Abstract

The purpose of this study was to show how long it takes to achieve cardiac hypertrophy by continuous exercises. Subjects were four healthy young females. Subject of exercises were Push-up, Sit-up and Back-extension (40 times, 4 days/week). Exercise period was 75 days. Measurements were Blood pressure (BP), Heart rate (HR). Heart rate and blood pressure value have fallen every week. It is suggested that cardiac hypertrophy was influenced by muscle training for 75 days.

キーワード

Keywords Heart rate, blood pressure, cardiac hypertrophy

1. 序論

2005年、¹⁾ X 1996年、²⁾ 3

2. 方法

1). 4
:16, :163.3±7.5cm, :53.3±7.4kg
±
2). 40
4 1
2
3).

4).

2005

Macintosh Stat-view-J5.0

±

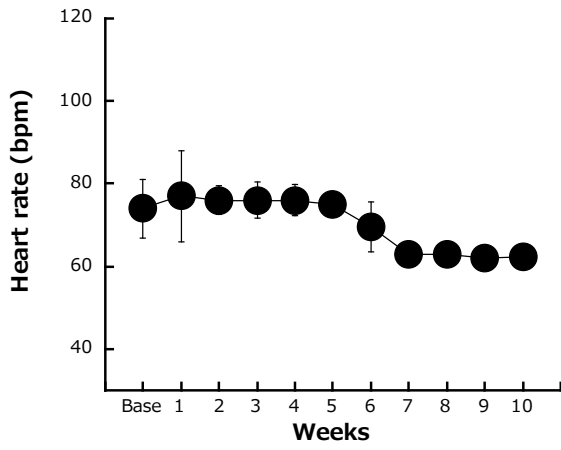
3. 結果

1

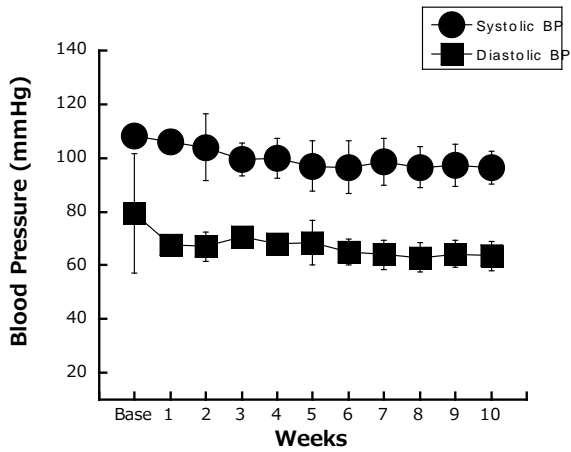
4

2

5. 結論 (まとめ)



1.



2

4. 考察

6. 今後の課題

7. 謝辞

8. 参考文献

1)

22(11), 1430-1435, 2005.

2)

1996