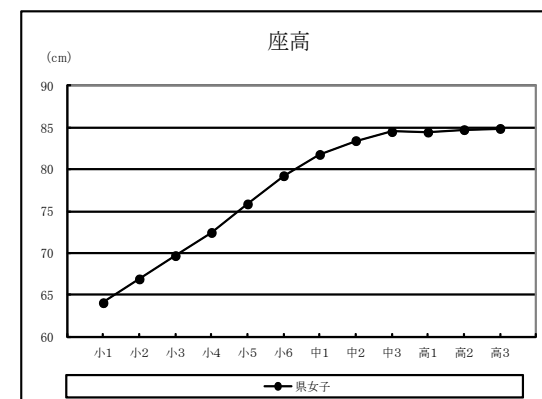
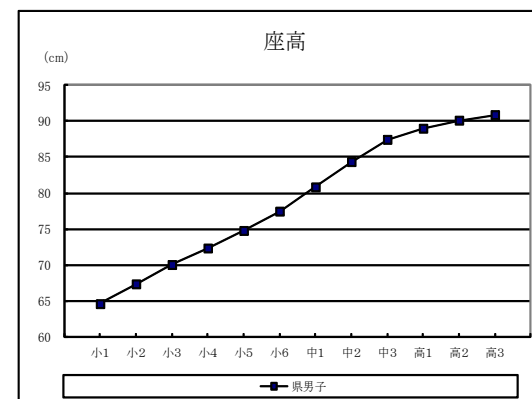
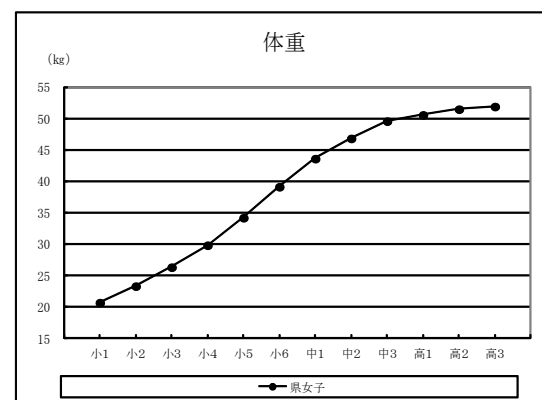
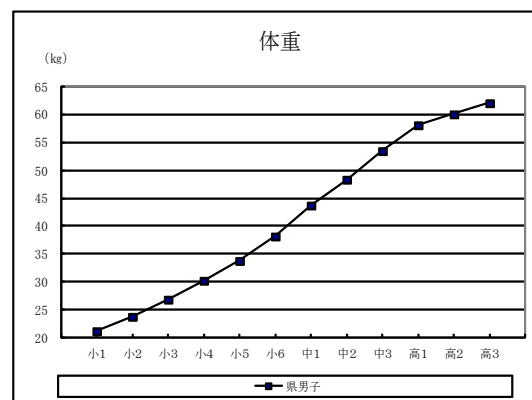
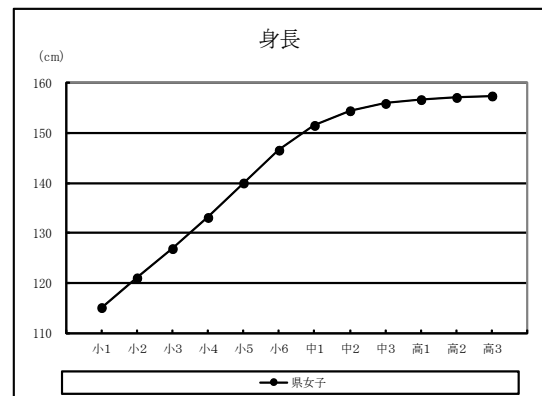
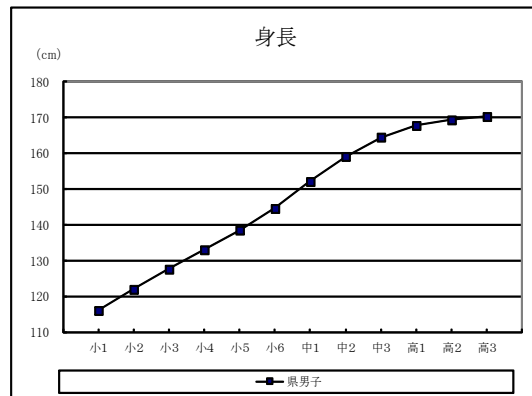


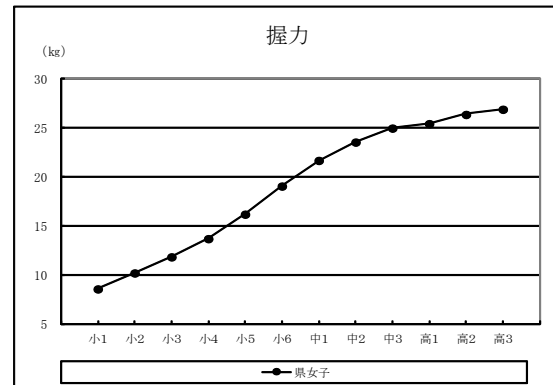
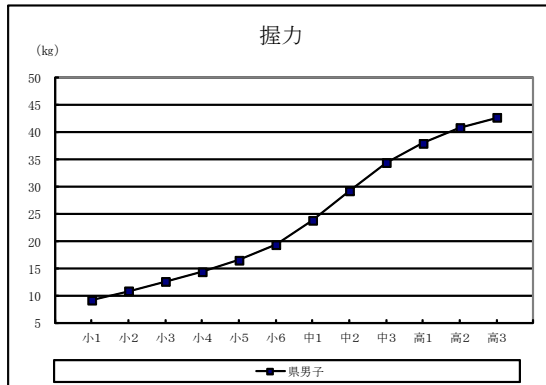
(6) 加齢に伴う変化

① 体格

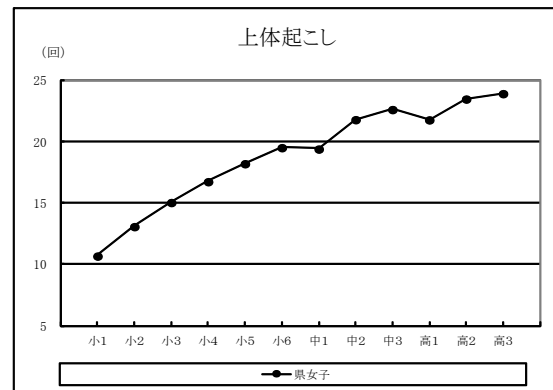
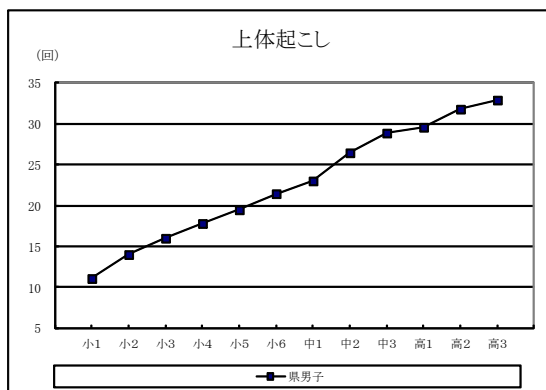


② 体力・運動能力

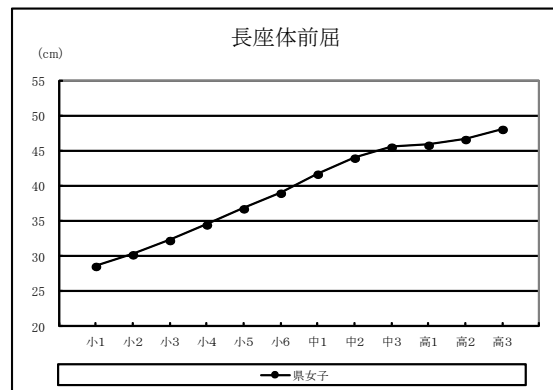
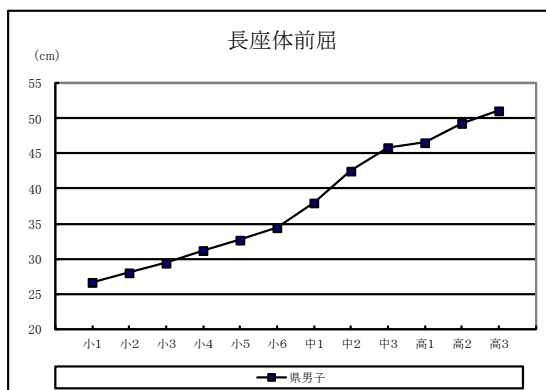
【握 力】



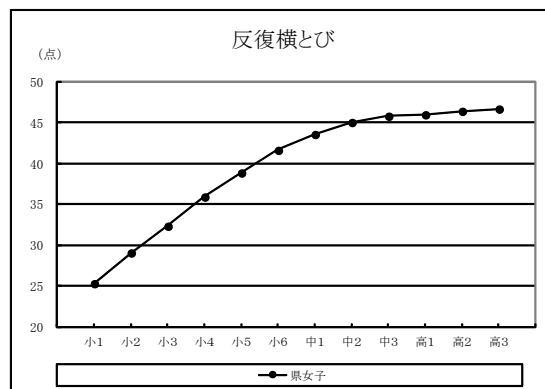
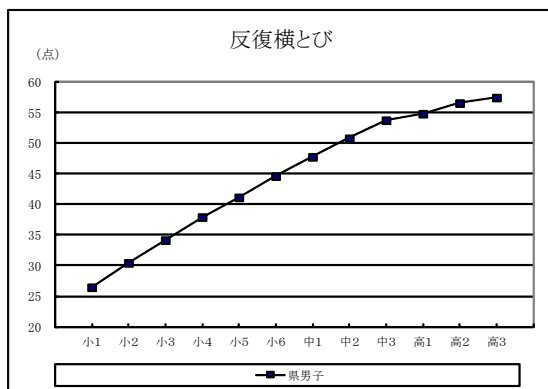
【上体起こし】



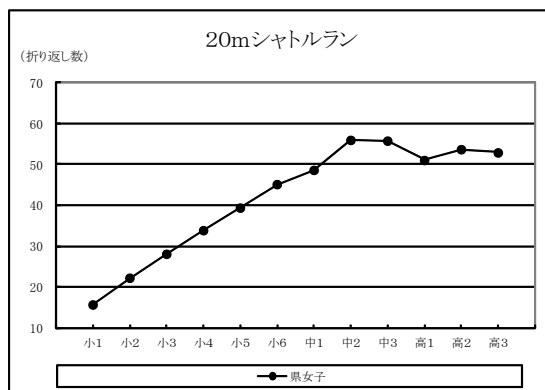
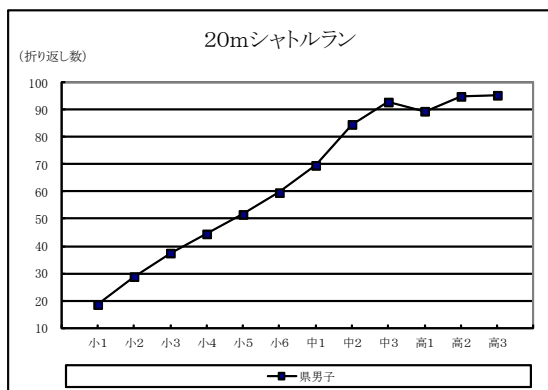
【長座体前屈】



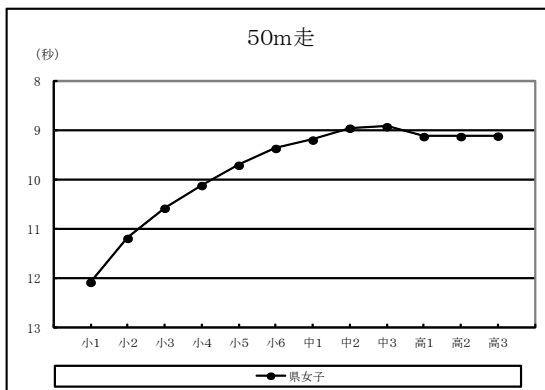
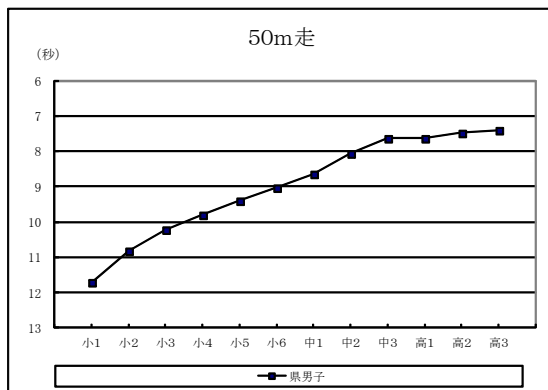
【反復横とび】



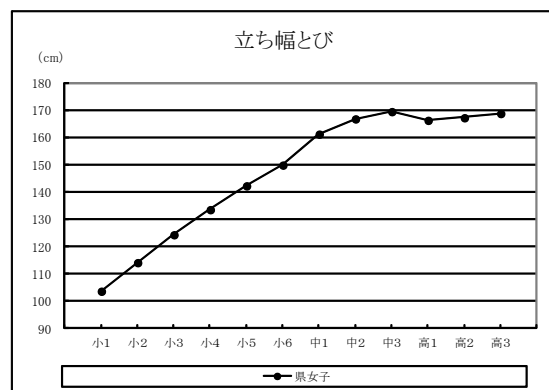
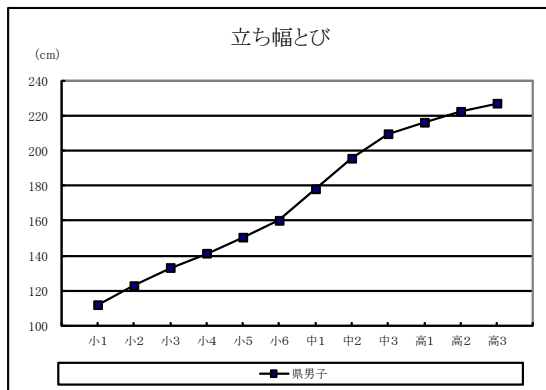
【20mシャトルラン】



【50m走】



【立ち幅とび】



【ボール投げ】

