

表1 握力:性、年齢別平均と標準偏差(m=平均値、 $\sigma$ =標準偏差、単位=kg)

年 齢	男 性			女 性		
	m- $\sigma$	m	m+ $\sigma$	m- $\sigma$	m	m+ $\sigma$
20	36.4	43.9	51.4	21.0	26.1	31.2
21	36.7	44.2	51.6	21.3	26.3	31.4
22	37.0	44.5	51.9	21.4	26.5	31.5
23	37.3	44.7	52.1	21.6	26.7	31.7
24	37.6	45.0	52.3	21.8	26.8	31.9
25	37.8	45.2	52.5	21.9	27.0	32.0
26	38.1	45.4	52.6	22.1	27.1	32.2
27	38.3	45.6	52.8	22.2	27.2	32.3
28	38.5	45.7	52.9	22.3	27.4	32.4
29	38.6	45.9	53.0	22.5	27.5	32.5
30	38.8	46.0	53.1	22.6	27.5	32.5
31	38.9	46.1	53.2	22.6	27.6	32.6
32	39.0	46.2	53.2	22.7	27.7	32.7
33	39.1	46.2	53.2	22.8	27.7	32.7
34	39.2	46.3	53.2	22.8	27.8	32.7
35	39.2	46.3	53.2	22.9	27.8	32.7
36	39.2	46.3	53.2	22.9	27.8	32.7
37	39.2	46.2	53.1	22.9	27.8	32.7
38	39.2	46.2	53.0	22.9	27.8	32.7
39	39.2	46.1	52.9	22.9	27.8	32.6
40	39.1	46.1	52.8	22.9	27.7	32.6
41	39.1	46.0	52.7	22.8	27.7	32.5
42	39.0	45.8	52.5	22.8	27.6	32.4
43	38.9	45.7	52.3	22.7	27.5	32.3
44	38.7	45.5	52.1	22.7	27.4	32.2
45	38.6	45.3	51.9	22.6	27.3	32.0
46	38.4	45.1	51.7	22.5	27.2	31.9
47	38.2	44.9	51.4	22.4	27.1	31.7
48	38.0	44.7	51.1	22.3	26.9	31.6
49	37.8	44.4	50.8	22.2	26.8	31.4
50	37.5	44.1	50.5	22.0	26.6	31.2
51	37.2	43.8	50.2	21.9	26.4	31.0
52	36.9	43.5	49.8	21.7	26.2	30.7
53	36.6	43.2	49.4	21.5	26.0	30.5
54	36.3	42.8	49.0	21.3	25.8	30.3
55	35.9	42.4	48.6	21.1	25.6	30.0
56	35.6	42.0	48.2	20.9	25.3	29.7
57	35.2	41.6	47.7	20.7	25.1	29.4
58	34.8	41.2	47.2	20.5	24.8	29.1
59	34.3	40.7	46.7	20.2	24.5	28.8
60	33.9	40.2	46.2	20.0	24.2	28.4
61	33.4	39.7	45.7	19.7	23.9	28.1
62	32.9	39.2	45.1	19.4	23.6	27.7
63	32.4	38.7	44.5	19.1	23.2	27.3
64	31.9	38.1	43.9	18.8	22.9	27.0