

表2 上体おこし:性、年齢別平均と標準偏差(m=平均値、 $\sigma$ =標準偏差、単位=回)

年 齢	男 性			女 性		
	m- $\sigma$	m	m+ $\sigma$	m- $\sigma$	m	m+ $\sigma$
20	15.7	23.2	30.6	11.4	16.4	21.4
21	15.6	23.0	30.5	11.3	16.4	21.4
22	15.4	22.9	30.3	11.2	16.3	21.3
23	15.3	22.7	30.1	11.1	16.2	21.2
24	15.1	22.5	29.8	11.0	16.1	21.1
25	15.0	22.3	29.6	10.9	16.0	21.0
26	14.8	22.2	29.4	10.8	15.9	20.8
27	14.7	22.0	29.2	10.7	15.7	20.7
28	14.5	21.8	29.0	10.6	15.6	20.6
29	14.4	21.6	28.7	10.5	15.5	20.4
30	14.2	21.4	28.5	10.4	15.4	20.3
31	14.0	21.2	28.3	10.2	15.2	20.1
32	13.8	21.0	28.0	10.1	15.1	19.9
33	13.6	20.8	27.8	9.9	14.9	19.8
34	13.5	20.5	27.5	9.8	14.7	19.6
35	13.3	20.3	27.3	9.6	14.6	19.4
36	13.1	20.1	27.0	9.5	14.4	19.2
37	12.9	19.9	26.7	9.3	14.2	19.0
38	12.7	19.6	26.5	9.1	14.0	18.8
39	12.5	19.4	26.2	9.0	13.8	18.5
40	12.2	19.2	25.9	8.8	13.6	18.3
41	12.0	18.9	25.6	8.6	13.4	18.1
42	11.8	18.7	25.4	8.4	13.2	17.8
43	11.6	18.4	25.1	8.2	13.0	17.6
44	11.3	18.2	24.8	8.0	12.7	17.3
45	11.1	17.9	24.5	7.8	12.5	17.0
46	10.9	17.6	24.2	7.6	12.3	16.8
47	10.6	17.4	23.9	7.3	12.0	16.5
48	10.4	17.1	23.5	7.1	11.8	16.2
49	10.1	16.8	23.2	6.9	11.5	15.9
50	9.9	16.5	22.9	6.6	11.2	15.6
51	9.6	16.2	22.6	6.4	11.0	15.2
52	9.4	15.9	22.2	6.1	10.7	14.9
53	9.1	15.6	21.9	5.9	10.4	14.6
54	8.8	15.3	21.6	5.6	10.1	14.2
55	8.5	15.0	21.2	5.4	9.8	13.9
56	8.3	14.7	20.9	5.1	9.5	13.5
57	8.0	14.4	20.5	4.8	9.3	13.2
58	7.7	14.1	20.2	4.5	8.8	12.8
59	7.4	13.8	19.8	4.2	8.5	12.4
60	7.1	13.4	19.4	3.9	8.2	12.0
61	6.8	13.1	19.1	3.6	7.8	11.6
62	6.5	12.8	18.7	3.3	7.5	11.2
63	6.2	12.4	18.3	3.0	7.1	10.8
64	5.9	12.1	17.9	2.7	6.8	10.4