

表3 座位体前屈:性、年齢別平均と標準偏差(m=平均値、 σ =標準偏差、単位=cm)

年 齢	男 性			女 性		
	m- σ	m	m+ σ	m- σ	m	m+ σ
20	-3.4	5.8	15.1	-0.6	8.3	17.2
21	-3.5	5.8	15.0	-0.5	8.3	17.2
22	-3.6	5.7	14.9	-0.5	8.3	17.1
23	-3.6	5.6	14.8	-0.4	8.3	17.1
24	-3.7	5.5	14.7	-0.3	8.3	17.0
25	-3.8	5.4	14.5	-0.3	8.4	17.0
26	-3.8	5.3	14.4	-0.2	8.4	16.9
27	-3.9	5.2	14.3	-0.1	8.4	16.9
28	-3.9	5.1	14.2	0.0	8.4	16.8
29	-4.0	5.1	14.1	0.0	8.4	16.8
30	-4.1	5.0	14.0	0.1	8.4	16.8
31	-4.1	4.9	14.0	0.2	8.5	16.7
32	-4.2	4.9	13.9	0.3	8.5	16.7
33	-4.2	4.8	13.8	0.3	8.5	16.7
34	-4.2	4.7	13.7	0.4	8.5	16.7
35	-4.3	4.7	13.6	0.5	8.6	16.7
36	-4.3	4.6	13.5	0.6	8.6	16.7
37	-4.4	4.6	13.5	0.6	8.7	16.7
38	-4.4	4.5	13.4	0.7	8.7	16.7
39	-4.4	4.5	13.3	0.8	8.8	16.7
40	-4.4	4.4	13.2	0.9	8.8	16.7
41	-4.5	4.4	13.2	1.0	8.8	16.7
42	-4.5	4.3	13.1	1.1	8.9	16.7
43	-4.5	4.3	13.1	1.2	9.0	16.8
44	-4.5	4.2	13.0	1.3	9.0	16.8
45	-4.5	4.2	12.9	1.3	9.1	16.8
46	-4.5	4.2	12.9	1.4	9.1	16.8
47	-4.6	4.1	12.8	1.5	9.2	16.9
48	-4.6	4.1	12.8	1.6	9.3	16.9
49	-4.6	4.1	12.8	1.7	9.3	17.0
50	-4.6	4.1	12.7	1.8	9.4	17.0
51	-4.6	4.1	12.7	1.9	9.5	17.1
52	-4.6	4.0	12.6	2.0	9.6	17.1
53	-4.6	4.0	12.6	2.1	9.7	17.2
54	-4.5	4.0	12.6	2.2	9.7	17.3
55	-4.5	4.0	12.5	2.3	9.8	17.3
56	-4.5	4.0	12.5	2.4	9.9	17.4
57	-4.5	4.0	12.5	2.5	10.0	17.5
58	-4.5	4.0	12.5	2.6	10.1	17.6
59	-4.5	4.0	12.4	2.8	10.2	17.7
60	-4.4	4.0	12.4	2.9	10.3	17.8
61	-4.4	4.0	12.4	3.0	10.4	17.9
62	-4.4	4.0	12.4	3.1	10.5	18.0
63	-4.3	4.0	12.4	3.2	10.6	18.1
64	-4.3	4.0	12.4	3.3	10.7	18.2