

原著論文

## 思春期後半以降の男子の身長成長と運動習慣の関連

Relationships between exercise customs and height growth of the boys  
who are in the latter half of puberty

桑原 伸弘<sup>1)</sup>

Kuwabara Nobuhiro<sup>1)</sup>

### Abstract

This study considered height growth of boys from 15 years old to 19 years old from comparison between the different groups of growth rates and different groups of exercise customs. Result showed that the change of the average height from 15 years old to 19 years old, 2 groups which have high growth rate tended to rise to the grown-up even though it is final stage of growth period, and the group who has high frequency exercise customs changed while being high. And the height growth of the group who has high frequency exercise customs and the group who has low frequency exercise customs showed larger growth than the group who has no exercise customs in comparison of growth from 15years old to 17years old, and the height growth of the group who has high frequency exercise customs showed larger growth than the group who has low frequency exercise customs and no exercise customs in comparison from 17years old to 19years old. From these results, it was suggested that there are relationships between exercise customs and height growth of the boys who are in the latter half of puberty.

キーワード：運動習慣 身長成長 思春期  
exercise customs height growth latter half of puberty

### 1. はじめに

子どもの発育や思春期の成長スパートに関する研究報告は、身長成長と運動、栄養、睡眠等との関係に着目した研究が多く、健康で順調な成長の促進や将来の生活習慣病予防などを目的として取り組まれてきたが、成人としての体格完成に近づく思春期後半以降の年齢期を対象とした身長成長をテーマとしての研究については、ほとんどみられない。また、子どもの成長

曲線を表した図は、17歳や18歳までの成長を示したものがほとんどであるが、ヒトの成長に関する文献では成人や成人に近い年齢以降も一定の成長があると解説され(J.M タナー, 1996, p.14; David Sinclair, Peter Dangerfield, 2001, p.39), さらに、運動能力調査報告書(スポーツ庁, 2015~2017, pp.64-65)による男性平均身長の過去3年間のデータでは、18歳と20歳を比較すると全ての報告年で20歳が上回

1) 和歌山工業高等専門学校

National Institute of Technology, Wakayama College