

STUDIES
IN
HEALTH AND SPORTS SCIENCE

Vol. 5 MARCH 2003

The Effects of Moderate Aerobic Exercise on the General Fitness of
Middle-aged and Older Japanese Men and Women

— A Pilot Study —

..... Terukazu Kawasaki • Hiromi Muratani • Naomi Ozoe • Miho Sanefuji
Megumi Mori • Hidehiko Higaki • Rie Tanaka • Toshihori Uchiyama
Osamu Yanai ... 1

A Study of Health Status and Life Style of Kyushu Sangyo University Students

— Second Report —

..... Terukazu Kawasaki • Miho Sanefuji • Iwao Hara • Hiromasa Okumura
Haruhiko Yasukouchi • Kenji Nakano • Soemu Noguchi • Fukuo Furuta
Masakazu Washio ... 13

Comparison of BMI values calculated by using body weight that the students of
Kyushu Sangyo University wish to achieve and their actual BMI values

..... Hiroko Goto • Akio Funahashi • Fukuo Furuta • Terukazu Kawasaki
Kenji Nakano • Soemu Noguchi • Hiromi Muratani • Hiromasa Okumura
Iwao Hara • Haruhiko Yasukouchi • Fumiko Konishi ... 25

Amino acid intake on athletes

[4th] The amount of amino acid intake of the high school baseball players
who live in a dormitory

..... Fumiko Konishi • Hiromasa Okumura • Takatomo Kumeda
Hiroko Goto • Akio Funahashi ... 35

Factors relating to smoking behavior in students of Kyushu Sangyo University : 1.
lifestyle and motivation to health promotion.

..... Hiromi Muratani • Hiromasa Okumura • Haruhiko Yasukouchi • Iwao Hara
Kenji Nakano • Soemu Noguchi • Akio Funahashi • Terukazu Kawasaki
Fukuo Furuta • Osamu Yanai ... 51

A Study of Health Status and Life Style of Kyushu Sangyo University Students

— Third Report —

..... Iwao Hara • Terukazu Kawasaki • Hiromasa Okumura
Haruhiko Yasukouchi • Kenji Nakano • Soemu Noguchi • Fukuo Furuta
Akio Funahashi • Hiromi Muratani ... 57

Published by

CENTER FOR HEALTH AND SPORTS SCIENCE

KYUSHU SANGYO UNIVERSITY,

2-3-1, Matsukadai, Higashi-ku, FUKUOKA, 813-8503, JAPAN