

スポーツウェアの「はりつき」が パフォーマンスに及ぼす影響

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Effects of The Sticking Between Sports Wears and The Skin for The Physical Performance

by

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ABSTRACT

An examinee wears the different sports shirt of three kinds of compositions. The examinee moved in the stool going-up and down indoors set in 25 °C, 25%RH. It was judged the performance of exercise using the heartbeat and the chest skin blood flow. It was evaluated clapping sticking between sports wears and the skin with the clothing pressure on left chest.

As a result, that the low bending vibration properties of textiles was difficult for the skin to have in the sticking and to make a physical performance high were shown.

It shows for the development guide of the high physical performance sportswear.

要 旨

3種類の組成の異なるシャツを着用させて、25℃、25%RHの室内で踏み台昇降運動を行わせた。運動のパフォーマンス性を心拍と胸部皮膚血流量によって判断し、貼り付きやすさを衣服圧に

よって評価した。

その結果、減衰振動率が低い試料は貼り付きにくく、パフォーマンス性が高いことが示され、パフォーマンス性の高いスポーツウェアの開発指針を示すことが可能となった。