

1) Major findings

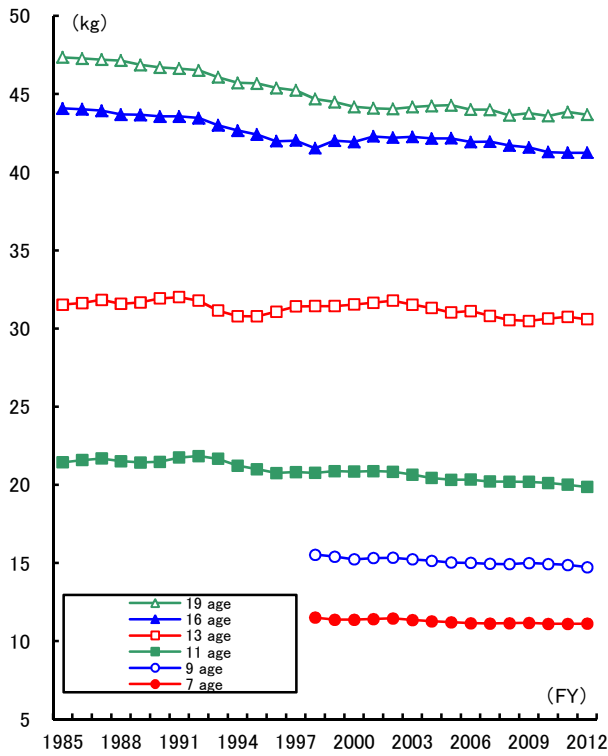
(1) Youth (6 to 19 years old) (Figures from 2-1 to 2-20)

Grip strength and Basic motor fitness (running : 50 meter run, endurance run , jumping : standing long jump , throwing : ball throw) are shown in figures from 2-1 to 2-10. In addition, sit-ups, sit and reach, side step, 20 meter shuttle run and the total scores are shown in figure from 2-11 to 2-20.

-Compared to about FY1985 when the high scores were recorded, the scores for grip strength, running, jumping and throwing still remain low with the exclusion of 50 meter run and ball throw in junior high school boys, and 50 meter run in senior high school boys.

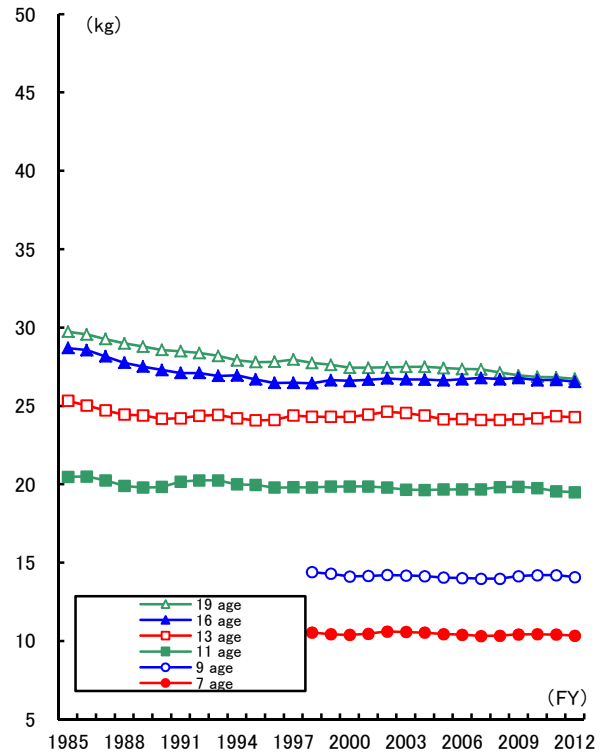
-Upon assessment of the last 15 years, most items either remain constant or show trends of improvement. Boys in elementary school partly show a decline in the standing long jump, and girls in 19 years old show a decline in endurance run.

-Over the last 15 years, the total score show trends of a mild improvement for the age of 10 years and older.



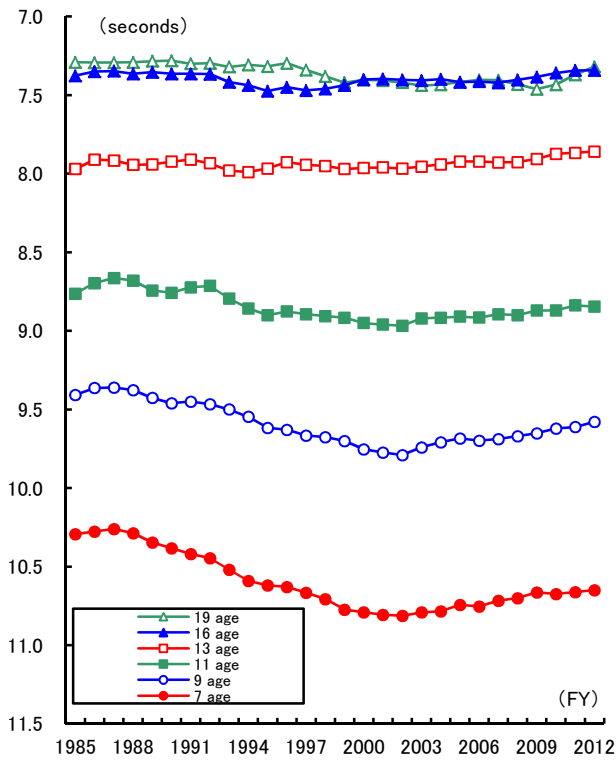
Figures 2-1 Trends in Grip Strength (Boys)

(Note: This graph is equalized with three-point moving-average method.)



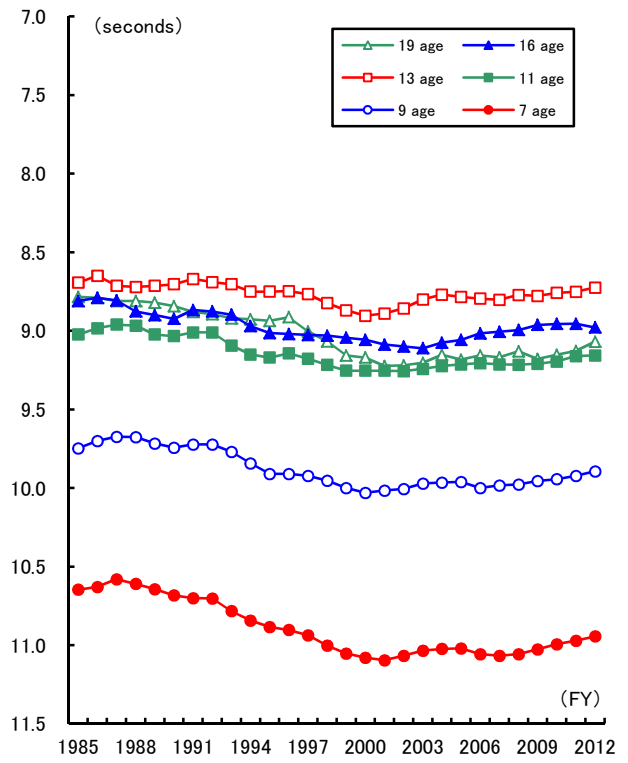
Figures 2-2 Trends in Grip Strength (Girls)

(Note: same (note) as Graph 2-1)



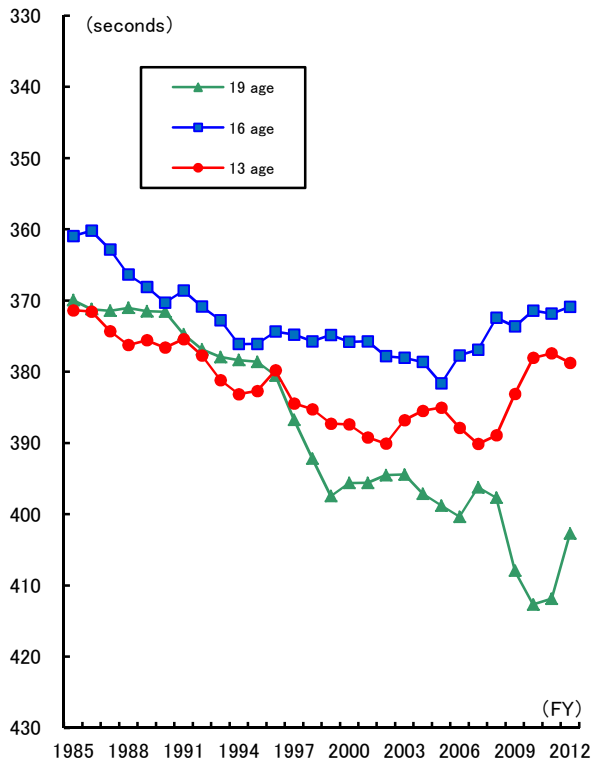
Figures 2-3 Trends in 50 Meter Run (Boys)

(Note: same (note) as Graph 2-1)

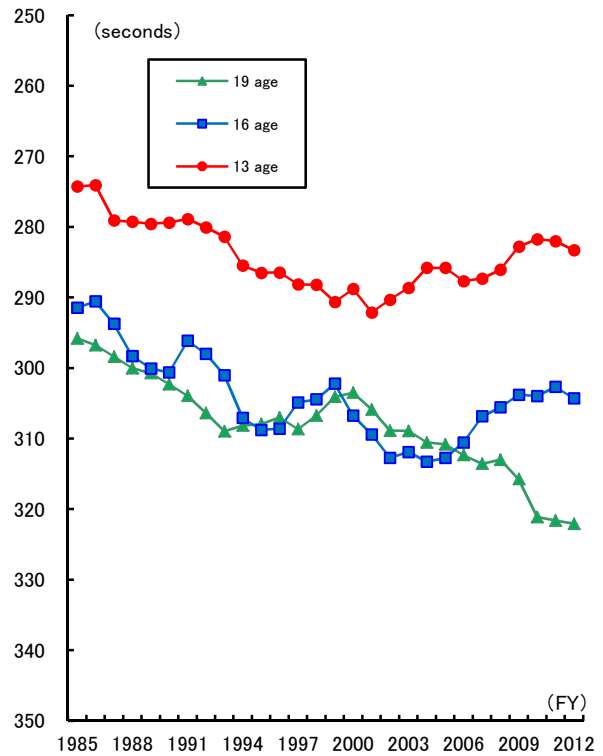


Figures 2-4 Trends in 50 Meter Run (Girls)

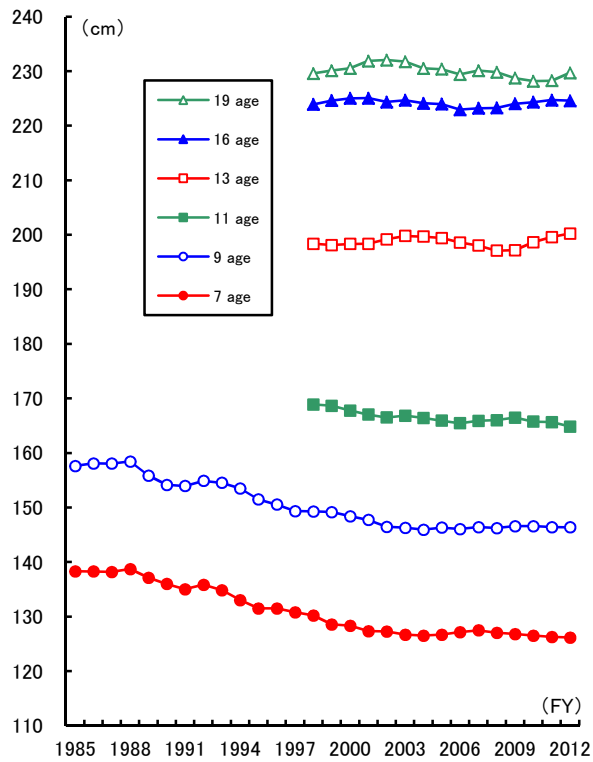
(Note: same (note) as Graph 2-1)



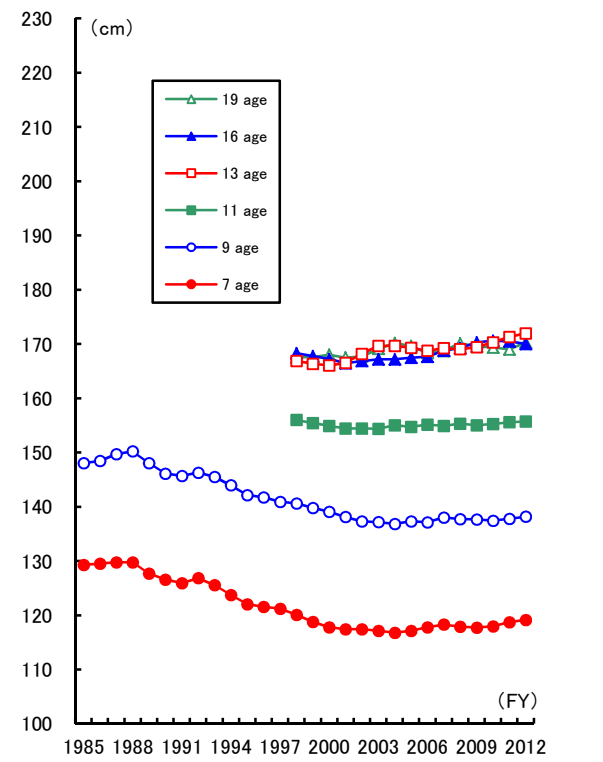
Figures 2-5 Trends in Endurance Run (1500m) (Boys)
 (Note: same (note) as Graph 2-1)



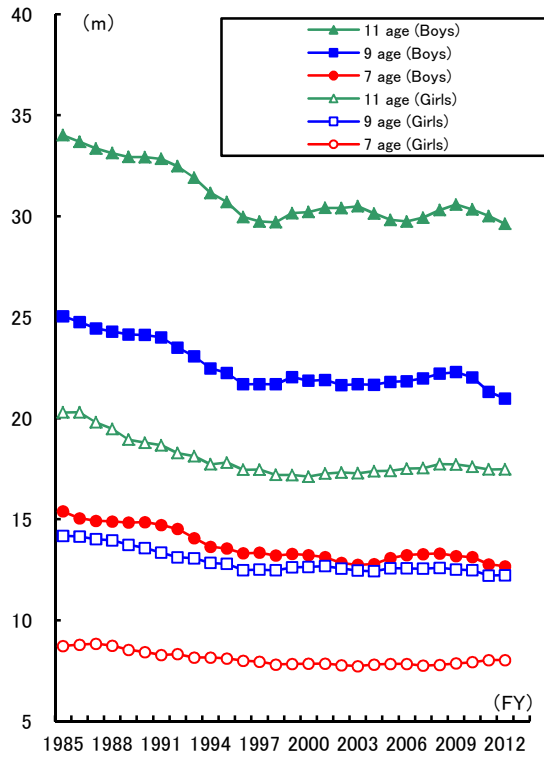
Figures 2-6 Trends in Endurance Run (1000m) (Girls)
 (Note: same (note) as Graph 2-1)



Figures 2-7 Trends in Standing Long Jump (Boys)
 (Note: same (note) as Graph 2-1)

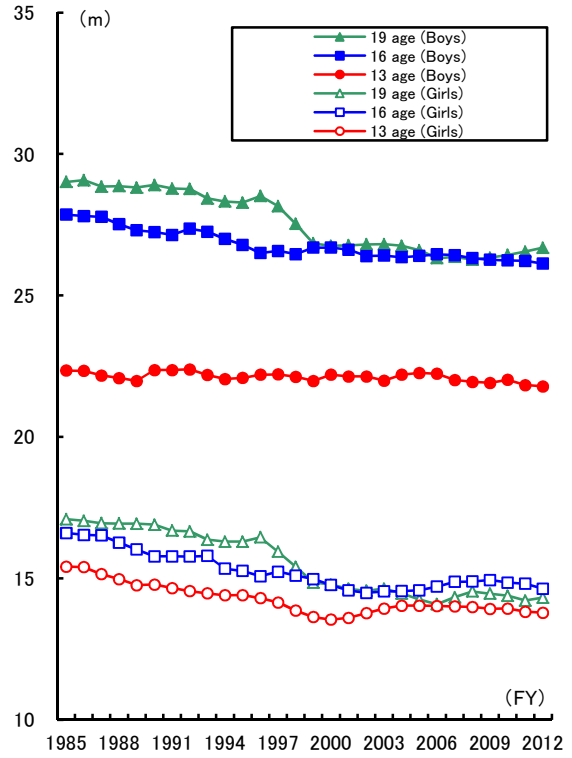


Figures 2-8 Trends in Standing Long Jump (Girls)
 (Note: same (note) as Graph 2-1)



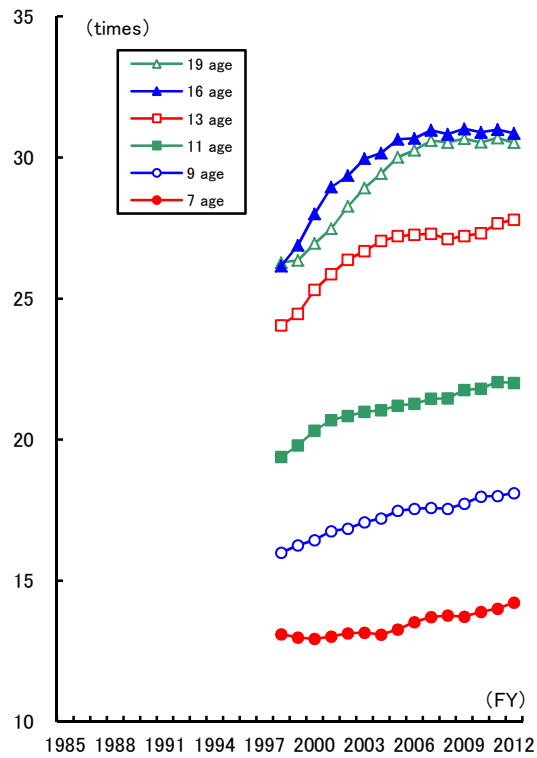
Figures 2-9 Trends in Throwing the Softball

(Note: same (note) as Graph 2-1)



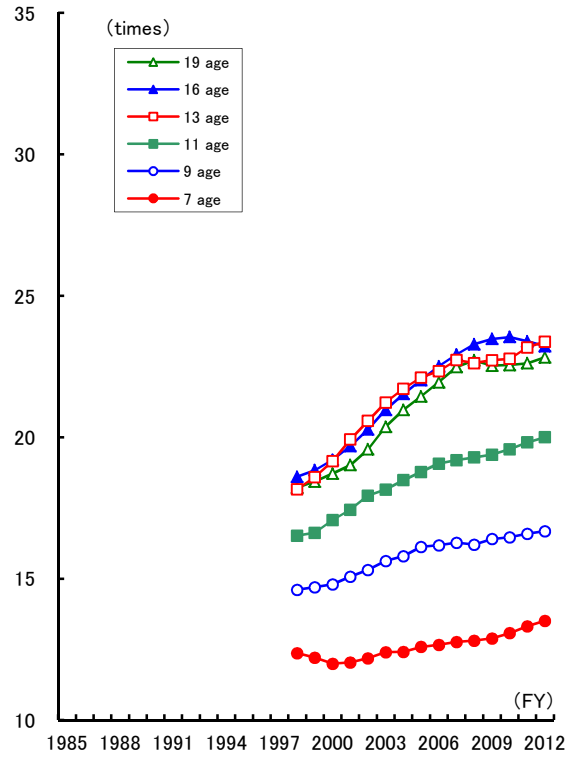
Figures 2-10 Trends in Throwing the Handball

(Note: same (note) as Graph 2-1)



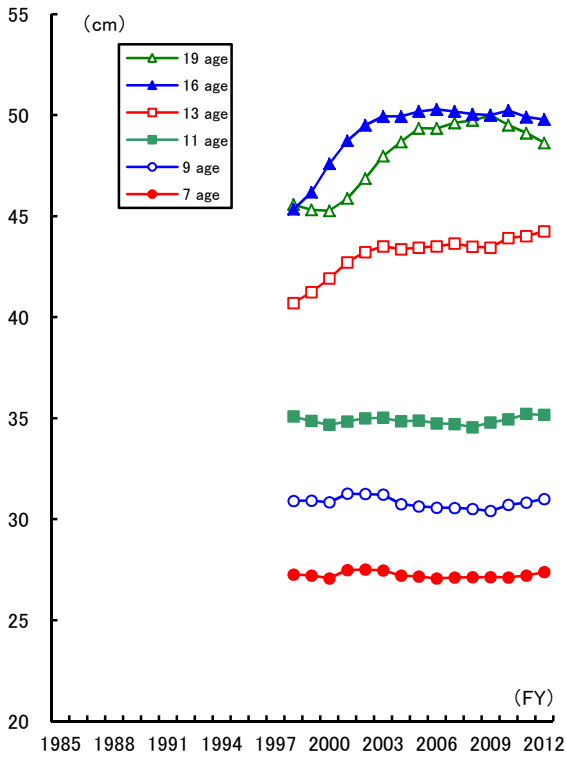
Figures 2-11 Trends in Sit-Ups (Boys)

(Note: same (note) as Graph 2-1)



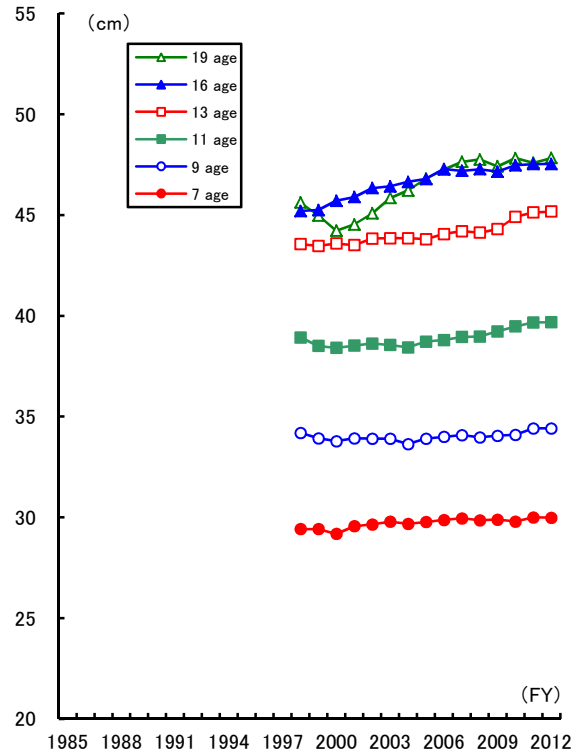
Figures 2-12 Trends in Sit-Ups (Girls)

(Note: same (note) as Graph 2-1)



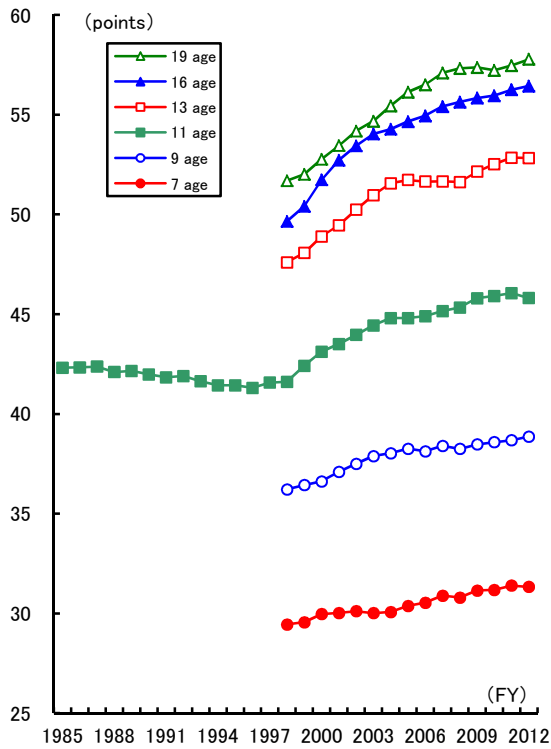
Figures 2-13 Trends in Sit And Reach (Boys)

(Note: same (note) as Graph 2-1)



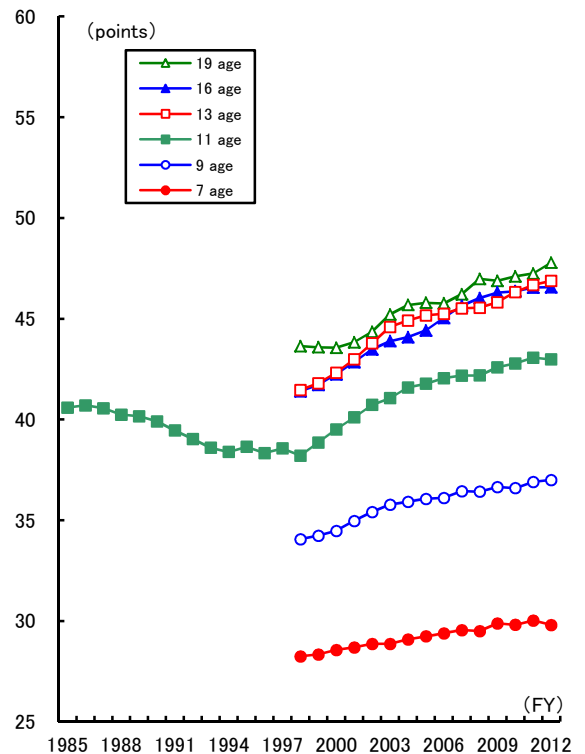
Figures 2-14 Trends in Sit And Reach (Girls)

(Note: same (note) as Graph 2-1)



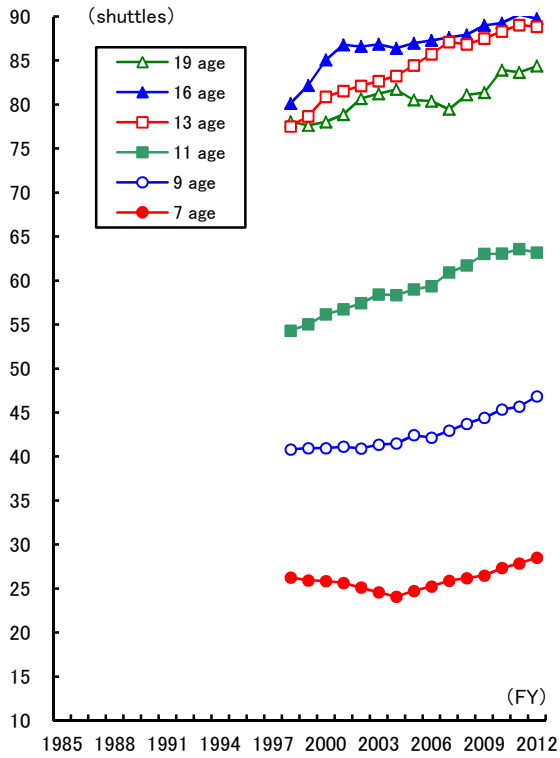
Figures 2-15 Trends in Side Step (Boys)

(Note: same (note) as Graph 2-1)



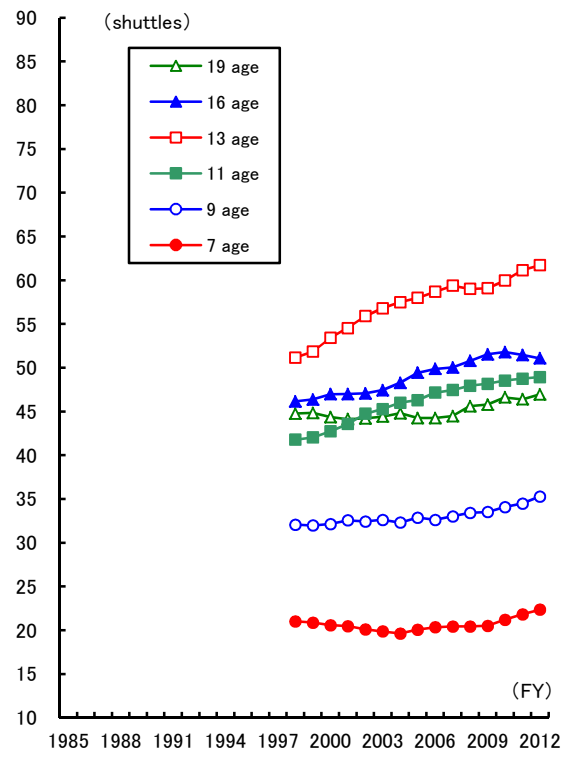
Figures 2-16 Trends in Side Step (Girls)

(Note: same (note) as Graph 2-1)



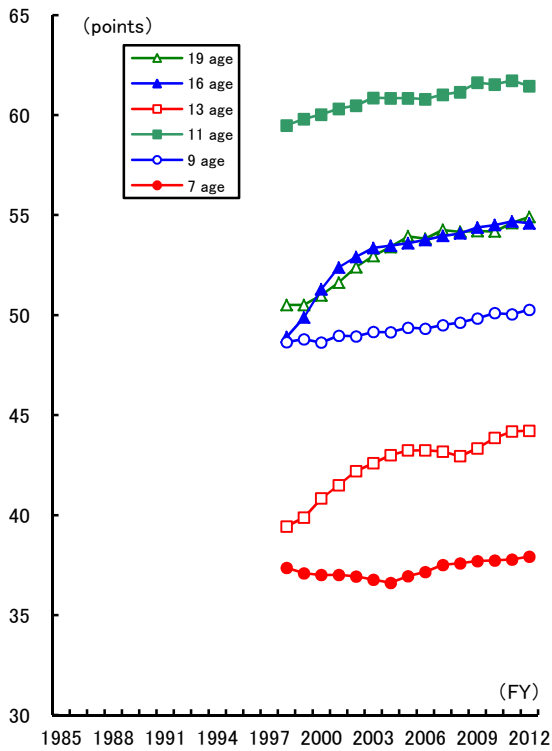
Figures 2-17 Trends in 20 Meter Shuttle Run (Boys)

(Note: same (note) as Graph 2-1)



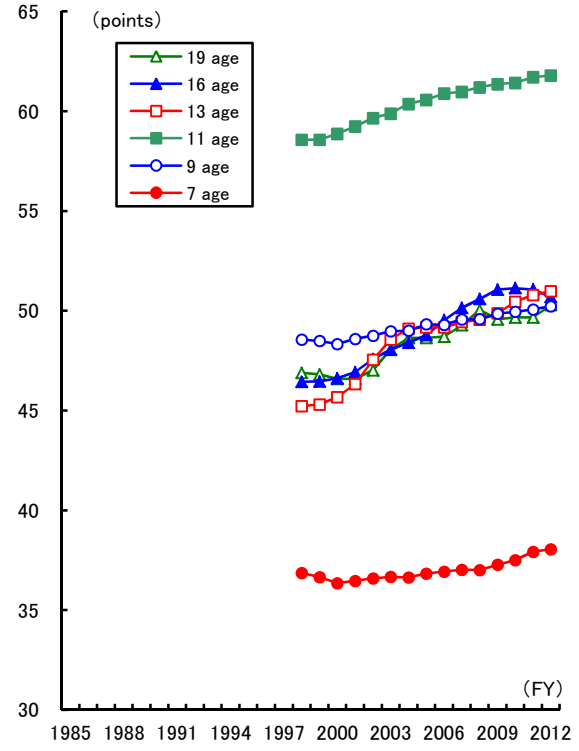
Figures 2-17 Trends in 20 Meter Shuttle Run (Girls)

(Note: same (note) as Graph 2-1)



Figures 2-19 Trends in Total scores (Boys)

- (Note):
1. This graph is equalized with three-point moving-average method.
 2. Total score based on the New Physical Strength Test item scoring chart.
 3. Score standards differ for the age groups, 6-11 and 12-19 years old.



Figures 2-19 Trends in Total scores (Girls)

(Note: same as (note) in 2-19)