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第3回医療・体力・精神衛生の研究、身体運動の医学、社会的問題、保健問題

### Some aspects of physical fitness

Katsu ASAIKAWA

In the present society, physical fitness is often mentioned from the concept of health. In addition there is recently a close relation between them. As health is the most important factor in our life, physical and mental fitness is, too. It should be an essential factor of our human well-being. Since the concept of health does not include the factor of power or capacity, it can not be estimated by numerical scale. On the other hand, physical fitness includes power or capacity as factors of the concept, so that it should be measured through various constitutive and performances.

Following are our present important problems in connection with control and development of Japanese young people:

1) Imbalance between physical and psychic fitness. 2) Mismatch between motor and emotional development. 3) Lack of physical exercise, especially in late adolescence.