

大学時代の競技スポーツと卒後の食事摂取状況の関連性・現在の身体活動量を考慮した検討

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【目的】

本研究では、体育・スポーツ系学部の卒業生を対象に、大学時代の競技スポーツ経験とその後の食事摂取状況の関連について、現在の身体活動量を考慮した上で明らかにすることを目的とした。

【方法】

体育・スポーツ系学部を卒業した1,974名（男性1,649名・平均年齢 55.0 ± 15.40 歳、女性325名・平均年齢 33.8 ± 7.85 歳）について、身体活動状況についての質問票とエネルギーおよび15の食品群の摂取状況について食事調査を実施した。また、対象者を競技経験の有無で「アスリート」と「非アスリート」、身体活動状況で「高運動群」と「低運動群」に群分けを行い、それらを考慮した4群間で比較を行った。

【結果】

体育・スポーツ系学部卒業生の食事摂取状況に関して、過去の競技経験の有無と身体活動量を考慮した4群間の比較では、男性においてエネルギー摂取量でアスリート・高運動群がアスリート・低運動群、非アスリート・低運動群と比べて有意に摂取量が多い結果となり、食品群ではその他の野菜類で非アスリート・低運動群がアスリート・低運動群に比べて有意に摂取量が多い結果となった。女性においては、群間で有意な差は認められなかった。

【結論】

過去の競技経験の有無と身体活動量を考慮した4群間の比較をした結果、食品群で男性のその他の野菜類において非アスリート・低運動群がアスリート・低運動群に比べて有意に摂取量が多い結果となった。女性では、群間で有意な差は認められなかった。これより、過去の競技経験と身体活動の継続の有無はその後の食生活に影響を与える要因のひとつとして考えられるが、そこには性差が生じる可能性が示唆された。

Relationship between competitive sports during college and post-graduate dietary intake status: A Study Considering Level of Present Physical Activity

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[Purpose]

The purpose of this study was to determine the relationship between experience in competitive sports during college and future dietary intake among graduates of physical education and sports departments, accounting for their current level of physical activity.

[Methods]

We conducted a questionnaire on physical activity and dietary survey on energy and intake of 15 food groups of 1,974 subjects (1,649 males, mean age 55.0 ± 15.40 years; 325 females, mean age 33.8 ± 7.85 years) who had graduated from physical education and sports faculties. In addition, the subjects were grouped "athletes" and "non-athletes" according to their athletic experience, "high exercise group" and "low exercise group" according to their physical activity status, and comparisons were made among the four groups that took these factors into consideration.

[Results]

A comparison of the dietary intake of physical education and sports graduates among the four groups, taking into account past athletic experience and physical activity, showed that the athlete/high-exercise group had higher energy intake than the athlete/low-exercise and non-athlete/low-exercise groups for males, and the non-athlete/low-exercise group had higher energy intake than the athlete/low-exercise and non-athlete/low-exercise groups for other vegetables. The non-athlete/low-exercise group had higher energy intake than the athlete/low-exercise and non-athlete/low-exercise groups in the vegetable category. No differences were found among the groups for women.

[Conclusion]

A comparison between the four groups, taking into account past athletic experience and physical activity, showed that the non-athlete/low-exercise group in the food group consumed significantly more than the athlete/low-exercise group in other vegetable items in men. No differences were found among the groups for women. This suggests that past athletic experience and continued physical activity may be one factor that influences subsequent dietary habits, but that gender differences may occur.