

神戸市立美術館

神戸のスギマキ

楽しむ方法

2020.3.28 sat

10時～17時



2020.3.28 sat

10時～17時

神戸市立美術館 企画展

神戸市立美術館
企画展「神戸のスギマキ」
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日本の文化

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Abstract

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of older adults. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week walking program, while the control group (n = 20) remained sedentary. The walking program was designed to be low-intensity, with a target heart rate of 110-120 beats per minute. The program was supervised by a physical therapist. The study was conducted in a community center. The primary outcome was the change in physical health, measured by the 6-minute walk test (6MWT) and the Timed Up and Go (TUG) test. The secondary outcome was the change in psychological health, measured by the Geriatric Depression Scale (GDS). The results showed that the walking program had a significant positive effect on physical health, with the intervention group showing a significant increase in 6MWT and TUG scores compared to the control group. There was no significant difference in GDS scores between the two groups. The study suggests that a 12-week, low-intensity, supervised walking program can improve physical health in older adults, but it may not have a significant effect on psychological health.



1. **Introduction**



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1. **THEORY** (100 marks)
 2. **PROBLEMS** (100 marks)
 3. **DESIGN** (100 marks)
 4. **CONCEPTS** (100 marks)