

# 十二週強力適能瑜珈訓練對靜態工作女性之生理及健康體能的影響

蕭雅馨、詹貴惠

E-mail: 9511104@mail.dyu.edu.tw

## 摘要

本研究旨在探討十二週強力適能瑜珈的介入對靜態工作女性生理及健康體適能的影響。研究以15名靜態工作女性為對象，進行為期十二週的研究，研究期間受試者從事每週三次、每次90分鐘的強力適能瑜珈運動。在訓練前、後均測量受試者之身高、體重、身體質量指數、體脂肪、腰臀比、血壓、安靜心跳率、三分鐘登階測驗、背肌力、立姿體前彎及屈膝仰臥起坐之數值，並以相依樣本t考驗比較前、後側各項數值之差異。研究結果顯示：經過十二週強力適能瑜珈的訓練後，受試者之安靜心跳率、舒張壓、腰圍、臀圍與腰臀比等生理值均有顯著差異(p

關鍵詞：強力適能瑜珈、體脂肪、腰臀比、健康體適能、靜態工作

## 目錄

封面內頁 簽名頁 授權書.....	iii	中文摘要.....	iv	英文摘要.....	v
要.....	v	誌謝.....	vi	目錄.....	vii
圖目.....	vii	表目錄.....	ix	第一章 緒論.....	1
第一章 緒論.....	1	第一節 研究背景.....	1	第二節 研就動機.....	3
第二節 研就動機.....	3	第三節 研究目的.....	4	第四節 研究限制.....	4
第三節 研究目的.....	4	第五節 操作性定義.....	4	第二章 文獻探討.....	6
第四節 研究限制.....	4	第一節 瑜珈簡介.....	6	第二節 瑜珈的效果與益處.....	7
第五節 操作性定義.....	4	第二節 瑜珈的效果與益處.....	7	第三節 強力適能瑜珈.....	17
第二章 文獻探討.....	6	第三節 強力適能瑜珈.....	17	第四節 本章結語.....	18
第一節 瑜珈簡介.....	6	第三章 研究方法與步驟.....	20	第一節 研究對象.....	20
第二節 瑜珈的效果與益處.....	7	第一節 研究對象.....	20	第二節 實驗時間與地點.....	20
第三節 強力適能瑜珈.....	17	第二節 實驗時間與地點.....	20	第三節 研究流程.....	21
第四節 本章結語.....	18	第三節 研究流程.....	21	第四節 課程內容.....	23
第四章 結果與討論.....	31	第四節 課程內容.....	23	第五節 測量工具與方法.....	25
第一節 基本資料.....	31	第五節 測量工具與方法.....	25	第六節 資料處理與統計分析.....	30
第二節 十二週強力適能瑜珈訓練對生理值之影響.....	32	第六節 資料處理與統計分析.....	30	第四章 結果與討論.....	31
第三節 十二週強力適能瑜珈訓練對健康體適能之影響.....	33	第四章 結果與討論.....	31	第一節 基本資料.....	31
第四節 討論.....	35	第一節 基本資料.....	31	第二節 十二週強力適能瑜珈訓練對生理值之影響.....	32
第五章 結論與建議.....	38	第二節 十二週強力適能瑜珈訓練對生理值之影響.....	32	第三節 十二週強力適能瑜珈訓練對健康體適能之影響.....	33
第一節 結論.....	38	第三節 十二週強力適能瑜珈訓練對健康體適能之影響.....	33	第四節 討論.....	35
第二節 建議.....	38	第四節 討論.....	35	第五章 結論與建議.....	38
參考文獻.....	40	第五章 結論與建議.....	38	第一節 結論.....	38
附錄一.....	49	第一節 結論.....	38	第二節 建議.....	38
附錄二.....	50	第二節 建議.....	38	參考文獻.....	40
附錄三.....	51	參考文獻.....	40	附錄一.....	49
附錄四.....	52	附錄一.....	49	附錄二.....	50
附錄五.....	53	附錄二.....	50	附錄三.....	51
附錄六.....	54	附錄三.....	51	附錄四.....	52
附錄七.....	55	附錄四.....	52	附錄五.....	53
附錄八.....	56	附錄五.....	53	附錄六.....	54
附錄九.....	57	附錄六.....	54	附錄七.....	55
圖目錄 圖3-1 研究流程圖 22 表目錄 表2-1 瑜珈介入的益處(續1) 14 表2-1 瑜珈介入的益處(續2) 15 表2-1 瑜珈介入的益處(續3) 16 表3-1 本研究之強力適能瑜珈課程內容 24 表4-1 受試者基本資料 31 表4-2 強力適能瑜珈訓練前、後生理值之變化 33 表4-3 強力適能瑜珈訓練前、後健康體適能之變化 35		附錄七.....	55	附錄八.....	56
		附錄八.....	56	附錄九.....	57

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- 一、中文部份 1.方進隆(1993)。健康體能的理論與實際。台北:漢文書局。 2.台北縣教育局(2005)。北縣府引進流行感十足健康操，員工每天健康活力10分鐘。2006年5月8日，取自 <http://www.gov.tw/PUBLIC/view.php3?id=83707%E2%8A%82=51&main=GOVNEWS> 3.行政院體委會(1998)。國民體能檢測實務手冊。台北:行政院體委會。 4.呂碧琴(1996)。導讀瑜珈。台大體育，28，99-104。 5.呂碧琴(1997)。瑜珈體位法對大學女生健康適能的影響效果探討。台大體育學報，1，233-254。 6.卓俊辰(1992)。體適能-健康運動處方的理論與實驗。台北:國立台灣師範大學體育學會。 7.林正常(2005)。運動生理學。台北:師大書苑。 8.林貞岑(2003)。瑜珈-全球健康新風潮。康健雜誌，60，105-110。 9.林晉榮(2002)。體適能與健康相關生活品質。國民體育季刊，3(1)，52-59。 10.林婉蓉(2005)。行銷趨勢觀察，還有誰沒練瑜珈。30雜誌，11，62-66。 11.啟新健康世界(無日期)。健康檢查新境界。2006年5月9日，取自 <http://www.ch.com.tw/asp/home.asp?chapter=AEA000003> 12.陳金鼓(2000)。瑜珈訓練對靜態工作女性之健康體適能影響。華岡理科學報，17，83-91。 13.陳金鼓、甘光熙(1997)。瑜珈對大學生基本體能之影響。體育與運動，104，49-55。 14.陸文灝(2001)。健康魔法書。台北:民視文化。 15.廖瑞銘(1987)。大不列顛百科全書。台北:丹青圖書有限公司。 16.綿本昇(1991)。怎樣做好瑜珈。台北:文經社。 17.教育部(1997)。教師體適能指導手冊。台北:教育部。 18.劉美珠(1990)。瑜珈-身心合一的科學。中華體育，13，45-50。 19.嚴苑華(2001)。圖解瑜珈自然健康法。台北:遠流。 二、英文部分 1. American College of Sports Medicine. (1998). The recommended quality and quantity of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in health and adults. Medicine and Science in Sports and Exercise, 30 (6), 975-991. 2. Bharshankar, J. R., Bharshankar, R. N., Deshpande, V. N., Kaore, S. B., & Gosavi, G. B. (2003). Effect of

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