

博士論文

中高齢者における自転車運動の実施による
心身の健康に及ぼす影響



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兵庫県立大学大学院環境人間学研究科
環境人間学専攻

佐々木 毅然

Declaration of Authorship

I, 佐々木 毅然, declare that this thesis titled, 中高齢者における自転車運動の実施による心身の健康に及ぼす影響 and the work presented in it are my own. I confirm that:

- This work was done wholly or mainly while in candidature for a research degree at this University.
- Where any part of this thesis has previously been submitted for a degree or any other qualification at this University or any other institution, this has been clearly stated.
- Where I have consulted the published work of others, this is always clearly attributed.
- Where I have quoted from the work of others, the source is always given. With the exception of such quotations, this thesis is entirely my own work.
- I have acknowledged all main sources of help.
- Where the thesis is based on work done by myself jointly with others, I have made clear exactly what was done by others and what I have contributed myself.

Signed:

Date:

“Thanks to my solid academic training, today I can write hundreds of words on virtually any topic without possessing a shred of information, which is how I got a good job in journalism.”

Dave Barry

Abstract

Applied Math Group

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Acknowledgements

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List of Tables

1.1	This is my caption.	5
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List of Abbreviations

LAH List Abbreviations Here
WSF What (it) Stands For

List of Symbols

a	distance	m
P	power	W (J s ⁻¹)
ω	angular frequency	rad

For Elsa

Chapter 1

Chapter 1 Title

1.1 Welcome and Thank You

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- `faculty` – faculty name
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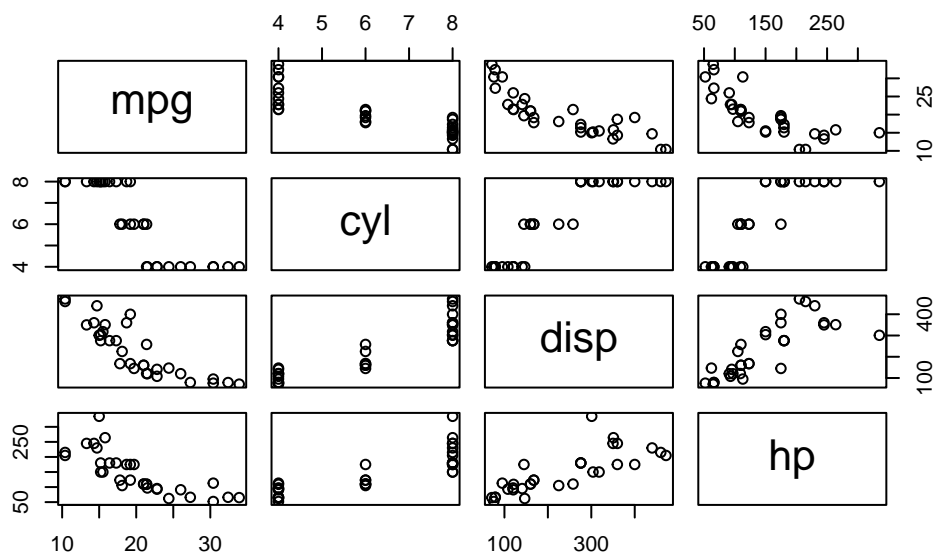


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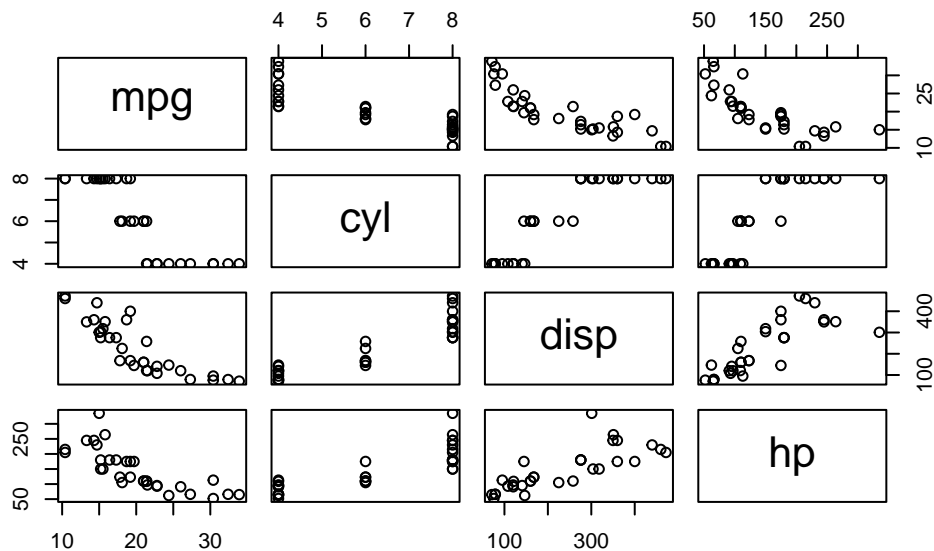


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Chapter 3

Chapter 2 Title

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Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam ultricies lacinia euismod. Nam tempus risus in dolor rhoncus in interdum enim tincidunt. Donec vel nunc neque. In condimentum ullamcorper quam non consequat. Fusce sagittis tempor feugiat. Fusce magna erat, molestie eu convallis ut, tempus sed arcu. Quisque molestie, ante a tincidunt ullamcorper, sapien enim dignissim lacus, in semper nibh erat lobortis purus. Integer dapibus ligula ac risus convallis pellentesque.

$$\int_{A_i} \lambda(\boldsymbol{\mu}) \quad (3.1)$$

$$\int_{A_i} \lambda(\mathbf{x}) \quad (3.2)$$

3.1.1 Subsection 1

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3.1.2 Subsection 2

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3.2 Main Section 2

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References

Appendix A

Frequently Asked Questions

A.1 How do I change the colors of links?

Pass in `urlcolor:` in yaml. Or set these in the include-in-header file.

If you want to completely hide the links, you can use:

`{\hypersetup{allcolors=.}}`, or even better:

`{\hypersetup{hidelinks}}`.

If you want to have obvious links in the PDF but not the printed text, use:

`{\hypersetup{colorlinks=false}}`.