

博士論文

中高齢者における自転車運動の実施が
心身の健康に及ぼす影響



指導教員 内田 勇人 教授

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が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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by 佐々木 毅然

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Acknowledgements

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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

第 1 章 序章

第 2 章 序章

第 3 章 Chapter 2 Title

3.1 Main Section 1

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

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

第 A 章 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}}`.