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珠海市成年人体质现状的研究

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摘要: 为了配合国家体委《全民健身计划纲要》的实施, 为了对本市成年人体质现状有个全面了解, 1997年11月3日—12月5日在珠海市全市范围内对五类(农业、工业、商业、科教、机关)不同工作性质成年人进行了抽样测试。根据对归纳整理后的原始资料中有效数据进行统计处理, 第一次对本市成年人体质现状有了较为全面的了解。即珠海市成年人体质状况好于全国、全省平均水平, 在个别指标上具有地域性特点, 并就如何提高本市成年人的体质状况提出一些看法和建议, 为推动全民健身的发展作出贡献。

关键词: 珠海市; 成年人体质; 抽样测试; 地域特征

Research on Current Physical Condition of Adults in Zhuhai City

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Absrtact: In Order To Coordinate Implement Of 《The National Programme For People's Physical Exercise》, And Find Out Comprehensively About The Adults' physical Condition In Zhuhai City, From Nor1 3th 1997 To Dec1 5th 1997, Our Institute Made A Sampling Test For People, Who Have Been Engaging In Five Different Occupation, I. E. Agriculture, Industry, Commerce, Science & Education And Administration In Zhuhai City. This Article Was Written Basically Upon The Statistics That Had Been Summed Up And Sorted Out From The Firsthand Information. The Test Kept Abreast Of Adults' current Physical Condition For The First Time In Zhuhai City. It Is Adults Current Physical Condition Is Above The Average Level In Grangdong Province And The Whole Country, Showed Up A Few Regional Characteristics From Physical Index In Connection With The Adults' current Physical Condition In Zhuhai City, We also Put Forward Some Views And Proposals And Wishto Make Greater Contributions To The Development Of The National People's Physical Exercise.

Key Words: Adult Physical Condition, Sampling Test, Regional Characteristics

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