



Physical training and exercise for promoting health and improving competitiveness.

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Research Fields natural science (physical and health education)

Keywords Physical training Health Baseball

● Research Outline

1. Physical training and exercise for

- 1) Promoting health
- 2) The prevention of lifestyle-related diseases
- 3) Improving competitiveness.

3. The method or system for improving a competitiveness of baseball club from the following points.

- 1) individual skill
- 2) team skill
- 3) physical fitness

2. Physical fitness test for students and athletes.

