

青少年主觀負荷水準下之手部握力分析

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摘要

Hands, as the upper extremities, are the most complex parts in our body. Hands are used more frequently than almost all other body parts. To investigate variations of grip force under different postures, gender, age, handedness, and body fitness, the grip force under Borg CR -10 levels for male and female adolescents were collected and analyzed. Regression models were also established to predict grip force. The results show that the averages grip strength in age, gender and other variables between dominant hand and non-dominant hand were not significantly different. But the grip strength between different elbow postures was significantly different. Body fitness was a significant factor affecting grip forces at level 10.

關鍵字：Borg CR-10, grip force, posture, gender