

競走運動時能量消耗推估之基本研究

Basic Research of Calorie Consumption of Human Body Racewalking

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摘要：競走運動是介於行走徒步與跑步之間的一種運動，也可說是從走路基礎演變出來的一種運動方式。其運動並不受場地、空間等因素影響，更不受年齡限制，就地取材便能夠實施的一種最經濟、最有效及最簡單化的運動。歐美國家、日本及大陸等極力提倡競走運動，其目的除了提昇國民體力及培養終身運動的習慣以外，更是國際比賽展現國力的最好方法。反觀我國對於競走運動的提倡效果不彰，學校機關、社會各階層等對競走運動接觸與認識極少。本文有鑑於此，以學校體育發展為基礎，選用本校學生為研究對象，利用簡單方式求得 12 分鐘競走運動時的能量消耗及運動強度，以便爾後從事此項運動時能夠作為參考及期能作為提供學校體育課課程開設與安排的一種參考資料。

關鍵詞：競走，消耗能量，運動強度，記步器

Abstract: Racewalking is a kind of sport between walking and running; we can also say it is developed from the foundation of walking. Compare with other sports, it can be practiced in a simple, easy, and economical way. In addition, despite of place, space, age and many other restrictions, it is also believed a most efficient sport. Besides, it can strengthen our health as well. Now that many countries

have been devoting their effort to encourage this sport to their people. However, in Taiwan, we have so little understanding about this good sport. That's the reason why we would like to introduce it to our society. Here is a research of a calculation of calorie consumption and METS with 12 minute racewalking among a bunch of college students. As we expected, we would like to make this research as a reference for schools to determine if by any chance they would add racewalking into their sport course.

Key words: Racewalking, Calorie consumption, METS Metabolic equivalent, Pedometer