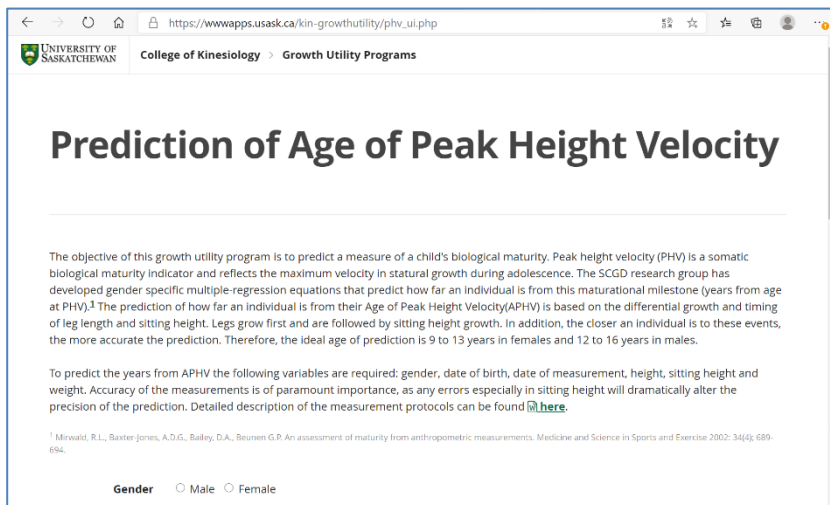


## バスケ手帳 成長度合を調べよう

### 【PHV評価】

① [https://wwwapps.usask.ca/kin-growthutility/phv\\_ui.php](https://wwwapps.usask.ca/kin-growthutility/phv_ui.php) へアクセス

② まずはこちらの画面が表示されます。



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## Prediction of Age of Peak Height Velocity

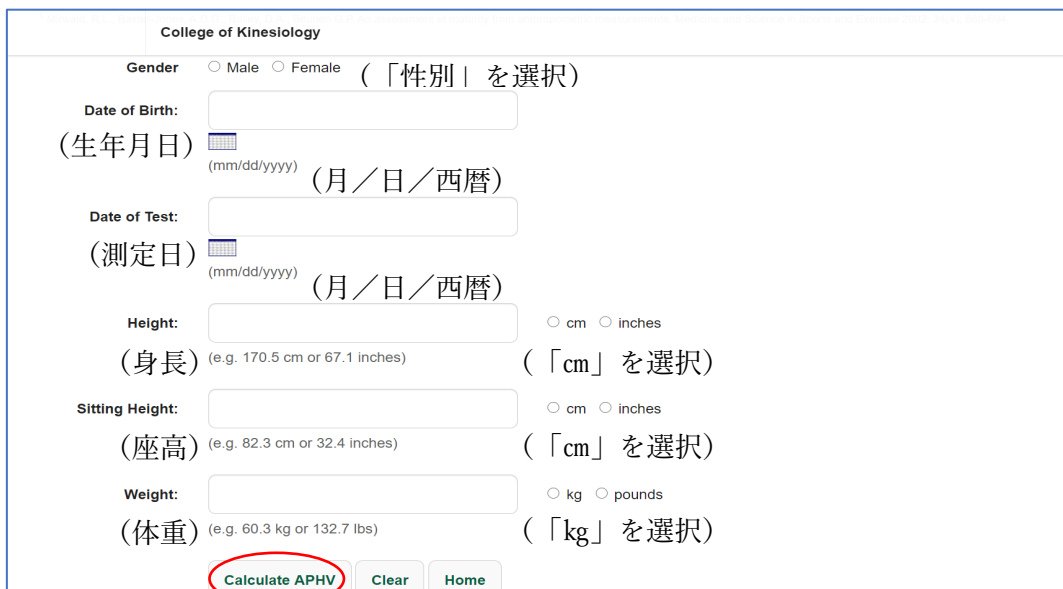
The objective of this growth utility program is to predict a measure of a child's biological maturity. Peak height velocity (PHV) is a somatic biological maturity indicator and reflects the maximum velocity in statural growth during adolescence. The SCGD research group has developed gender specific multiple-regression equations that predict how far an individual is from this maturational milestone (years from age at PHV).<sup>1</sup> The prediction of how far an individual is from their Age of Peak Height Velocity (APHV) is based on the differential growth and timing of leg length and sitting height. Legs grow first and are followed by sitting height growth. In addition, the closer an individual is to these events, the more accurate the prediction. Therefore, the ideal age of prediction is 9 to 13 years in females and 12 to 16 years in males.

To predict the years from APHV the following variables are required: gender, date of birth, date of measurement, height, sitting height and weight. Accuracy of the measurements is of paramount importance, as any errors especially in sitting height will dramatically alter the precision of the prediction. Detailed description of the measurement protocols can be found [here](#).

<sup>1</sup> Mirwald, R.L., Baxter-Jones, A.D.G., Bailey, D.A., Seunen G.P. An assessment of maturity from anthropometric measurements. *Medicine and Science in Sports and Exercise* 2002; 34(4): 689-694.

Gender ☐ Male ☐ Female

③ 入力画面



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Gender ☐ Male ☐ Female (「性別」を選択)

Date of Birth:   
(生年月日) (mm/dd/yyyy) (月／日／西暦)

Date of Test:   
(測定日) (mm/dd/yyyy) (月／日／西暦)

Height:  ☐ cm ☐ inches  
(身長) (e.g. 170.5 cm or 67.1 inches) (「cm」を選択)

Sitting Height:  ☐ cm ☐ inches  
(座高) (e.g. 82.3 cm or 32.4 inches) (「cm」を選択)

Weight:  ☐ kg ☐ pounds  
(体重) (e.g. 60.3 kg or 132.7 lbs) (「kg」を選択)

**Calculate APHV** Clear Home

上からすべて入力、選択したら、  
こちらのボタンをクリック

#### ④ 結果

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## Results

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**Input:**

(性別)	<b>Gender:</b>	Male
(生年月日)	<b>Date of Birth:</b>	10/27/2008
(測定日)	<b>Date of Test:</b>	10/28/2020
(年齢)	<b>Chronological Age:</b>	12
(身長)	<b>Height:</b>	154.9 cm
(座高)	<b>Sitting Height:</b>	79.6 cm
(体重)	<b>Weight:</b>	41.3 kg

**Output:**

(身長伸び率ピーク予測年齢)	<b>Predicted APHV:</b>	13.6
<b>Predicted years from APHV:</b>		-1.6 (身長伸び率ピーク予測年齢－年齢)

現在の成長がピーク前（～第2相）／ピーク後（3相～）を調べ、適切なトレーニングを行っていきましょう。