

3.6

TPM /

(1)

() 『 ,
 . , , , , ,
 가 , , , , ,
 , , 가
 가

55

(2) 5

(가) 55

5S가

() 12가 가
 12가 가 , ,

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: 5S and 10S. The 5S group was divided into two subgroups: 5S1 and 5S2. The 10S group was divided into two subgroups: 10S1 and 10S2. The 5S1 and 10S1 groups were exposed to the 5S protocol, while the 5S2 and 10S2 groups were exposed to the 10S protocol. The 5S1 and 10S1 groups were exposed to the 5S protocol for 5 days, while the 5S2 and 10S2 groups were exposed to the 10S protocol for 10 days. The 5S1 and 10S1 groups were exposed to the 5S protocol for 5 days, while the 5S2 and 10S2 groups were exposed to the 10S protocol for 10 days. The 5S1 and 10S1 groups were exposed to the 5S protocol for 5 days, while the 5S2 and 10S2 groups were exposed to the 10S protocol for 10 days.

3定(, ,) .
 ,

5S
가?

3現(, ,), 3卽(, , 卽座), 3徹(,)
 .

Best 0.5H, Better 1H
報告 1 Best, 2 Better, 3
 ,

()
5S
가 5S
 .

() 5S
5S 가
 . 5S
 .