

Assessment of physical fitness in seniors of Prague 12

Abstract:

his final thesis is focused on assessment of muscular condition and on an influence of lifestyle on a body composition and muscle strength of upper and lower limbs of seniors. Since the end of the last century there is no longer the aim to prolong human life but its quality improvement. This can be achieved by active lifestyle and regular physical activity. The problem is that older people do not perform movement and consequently they lose muscle mass quickly. That is why it is important to focus on the rating of muscular apparatus and strength. This thesis deals with basic age attributes. It explains the higher level of muscle productivity and physical activities. It also warns about the consequences of the passive way of life. The main goal of this thesis is the evaluation of the current level of muscle productivity of the elderly sample of Prague 12. The partial goal is to evaluate self-sufficiency and independence of a research group. This research group was formed by nine senior women aged from 70 to 85 and by four men aged from 71 to 82. The thesis evaluates overall participants muscle productivity related to their lifestyle and self sufficiency. The research is a combination of qualitative and quantitative methods. The qualitative part used questioning in the form of a guided interview and the quantitative part used the testing of three standardized modified tests. According to the results, all the men, who were performing regular physical activities and were maintaining an active lifestyle, received a rating proficient. Three women with the same lifestyle as men received a rating excellent or proficient. Five women received the lowest rating of muscle productivity due to insufficient physical activities. All probands are self-sufficient.