

Abstract:

Title: The effect of the exercise program on seniors with specific needs

Objectives: The main objective of this study us to determine the effectiveness of a newly developer gymnastics program on the functional fitness of individual members of a selected group of seniors.

Methods: The research takes the form of a quasi-experiment with pretest and posttest measurements. The methods of data collection were senior fitness test: the chair stand test, biceps curl test, the chair sit and reach test, the back scratch test, the 2.45-m up-and-go test around and field tests: 2kg weight throw and one leg stand. An online questionnaire was an additional method. Data analysis was provided by descriptive statistics.

Results: Participants were tested in 5 tests that were part of Senior fitness test and 2 field tests. The results of the posttest showed that after completing the gymnastic movement program, individuals increased their fitness level. There was a 64,51 % percentage change in the first test. In the second test there was an improvement of 48,24 %. In the third test there was an average improvement of 17,16 %. In the fourth test there was an improvement of 11,11 %. In the fifth test, there was a 9,60 % improvement in percentage terms. In the first field test, there was a percentage change of 109,75 %. In the second field test, there was an improvement of 27,63 %. The gymnastic exercise program for the elderly proved to be effective. The survey questionnaire indicated that the program was enjoyable for the exercisers.

Keywords: seniors, movement exercises, quality of live, questionnaire