

Abstract

Title: Selected factors of functional fitness of lifelong active senior women over 80 years old

Objectives: To determine the relationship between current functional fitness and subjective age, education, waist circumference and level of physical activity in the last week in older women.

Methods: In the thesis, the data of 141 women between the ages of 80 and 96 with an average age of 82.4 years were evaluated. The inclusion criterion for their selection was active involvement in physical activity in middle age, especially from 30 to 60 years of age with a minimum duration of 2.5 hours per week. The IPAQ-E questionnaire was used to assess the current level of physical activity. For functional fitness testing, 4 tests from the Senior Fitness Test were used: 30-Second Chair Stand Test, 30-Second Arm Curl test, 2-Minute Step Test, 8-Foot Up-and-Go Test. The results were then statistically processed using several tests (Mann-Whitney U test, two-sample t-test, Pearson's correlation coefficient).

Results: The results of functional fitness determined using the Senior Fitness Test did not show a significant association with the evaluated variables. Data analysis did not reveal a relationship between functional capacity and subjective age. Likewise, there was no significant difference between women who had a waist circumference at risk or a lower level of education. Finally, it has not been proven that women who perform more than 150 minutes of moderate-intensity activity per week show significant differences in functional fitness compared to women who do not fulfill this amount of PA.

Keywords: physical activity, physical fitness, aging, Senior Fitness Test