

SUMMARY

The physical activity of seniors leads to keeping active life and positively influences mental and physical health. With the quality and quantity of physical activity is directly related to the functional physical fitness, which in the elderly should not be underestimated.

For this work, we choose a standardized test battery "Senior Fitness Test", which we used to determine the functional fitness for the 20 seniors. Testing was performed at the beginning and after 6-week therapy. The therapy was conditional training in two groups. One group practiced in open kinetic chain and the second group in closed kinetic chains. We evaluated the obtained data and compared with each other.

In the theoretical part we try to approach the issue of seniors out of their physical, mental and social aspects, as well as the issue of kinetic chains and introduce the "Senior Fitness Test."