

ACTIVE AGING-THE EFFECT OF THE AGEING EXERCISE PROGRAM TO PROMOTE FUNCTIONAL FITNESS

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ABSTRACT

Taiwan has officially become an aging society in 2018. Research evidence shows that seniors engaged in exercise training courses will be able to actively delay aging and prevent physical disability, and enhance independent living ability. Taiwan's Sports Administration Ministry of Education has promoted the "Exercise Instructor" project in order to train the Sports Department Students of National Changhua University of Education to guide the senior citizens doing exercise, and provide functional physical fitness testing and exercise space to increase their participation of intention. The purpose of this study was to investigate the ageing health and active age, and designed the ageing exercise program to explore the effects of exercise guidance on the functional fitness of the community. In this study we recruit 54 participants from communities over the age of 60 (Mean = 66.3). The Seniors' exercise program is twice a week and every time two hours for 12 weeks. The sports instruction content is based on functional fitness training and mindfulness yoga training. Refer to "the Sports Administration Ministry of Education of Taiwan in 2016" to recommend the fitness test program for the elderly community to assess the body composition and the effectiveness of cardio endurance, muscular endurance, flexibility, agility and static balance pre and after training. Used SPSS 20.0 statistical software for analysis, statistical analysis with descriptive statistics and paired sample T test, and set the significant level to $\alpha = .05$.

According to the results of the pre and post-

test are statistically different, that the body composition has a significant decrease in weight, BMI, and body fat percentage ($\alpha < .05$). Functional fitness test average results before and after measurement: A. 30 seconds of Arm Curl Test (upper limb muscle strength) display 19.28 and 23.03 times. B. 30-second of Chair Stand test (lower limb muscle strength) display 20.78 and 22 times. C. Back Scratch test (Upper limb softness) display -.83 and 2.17 cm. D. 2-minute Step Test (cardiovascular function) display 97.53 and 109.14 times. E. Single Leg Stand Test (static balance) display 21.33 and 23.67 seconds. It shows that several of the functional fitness tests to have achieved significant progress ($\alpha < .01$) after exercise training. This research campaign has the ability to encourage regular exercise in the community and improve some of its functional fitness. That suggested it can be used as a reference for community health prevention in the future.

KEYWORDS: Prevention of falls, Participation in sports, Disability, Aging, Mobility, Advanced society.

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