

FUNCTIONAL FITNESS CHANGES REGARDING THE LEVEL OF PHYSICAL ACTIVITY IN OLDER ADULTS

Abstract

The aim of this study was to determine the differences in the components of functional fitness regarding the level of physical activity in adults between 60 and 80 years of age. Senior Fitness Test (SFT) was used in a sample of 497 men and 446 women in order to determine the level of functional fitness, while International Physical Activity Questionnaire (IPAQ) was used to determine the level of physical activity. The analysis of variance (ANOVA) showed that old male subjects who belonged to high activity group had statistically significant results in comparison to the low activity group, in terms of upper and lower body muscle strength and lower body flexibility. Female subjects in high activity group also had statistically significant results in terms of strength and dynamic balance performance, compared to the women in the low activity group. Based on the obtained results and their analysis, it can be concluded that older people who belong to the high activity group have higher level of functional fitness in comparison to the low activity group. In this way, the old adults who are physically active can be functionally independent for a longer period of time while performing the activities of daily living, thus reducing the risk of falls and injuries.

Key words: *functional independence, physical activity, fitness, differences*
