

Abstract

Title: Maintaining the positive effects of physical exercise programs for elderly several months after its completion.

Aims: The main aim of this thesis is to detect, if the level of physical activity of seniors remain in existence even when the organized exercise program within the study EXODYA ends. Another aim is to discover a benefit of two exercise programs within one year in several selected areas. The last aim is to find out, whether the three months long exercise program will have a positive impact on physical and mental state of seniors.

Methods: This is an empiric-theoretical research thesis. Three ensembles took part in a mixed qualitative-quantitative research. The muscle strength, flexibility, level of depressive signs and the state of short-term memory was tested with the ensemble I. (N=7) before and after an organized three months long exercise program. The testing of the ensemble II. (N=4) was held during the whole year (2018) within two exercise programs. The measuring of aerobic fitness and physical weight were added. The ensemble III. (N=31) were the alumni of the study EXODYA and they participated in the self-designed survey, where they were asking about the recent level of physical activity.

Results: Positive effects were noticed during the three months long exercise program. As expected, the average values of measuring were better or did not change. The results of the whole year monitoring of participants of two exercise programs in the same year were not unified. They showed however in general the positive effect of an organized exercise program. The survey showed that most of the women are physical active in awaited extent also after the study ended.

Key words: gerontology, aging, fitness, physical activity, adherence