Abstract

Title: Effects of water-based aerobic programme on health-related physical fitness and health-related quality of life level in elderly females

Objectives: The aim of this study was to assess the effect of shallow water aerobic programme on changes of health-related physical fitness and health-related quality of life level in elderly females.

Methods: 33 women (mean age 67 ± 5.2 years) were eligible for participation for the study. Participants were divided into experimental and control group. The experimental group (n = 17) participated in a 6month shallow water aerobic programme once a week 60 minutes. The control group did not participate in the physical program. Body composition, low-back and hamstring flexibility, hand grip strength, upper body and lower body strength, aerobic capacity, dynamic postural stability and health-related quality of life were determined before and after completion.

Results: This study has shown that the training programme caused a significant increase in aerobic capacity ($p = 0.01; r = 0.62$) and in general health perception ($p = 0.04; r = 0.36$).

Keywords: physical fitness, water exercise programme, ageing, quality of life