

ABSTRACT

Title: Subjectively perceived health fitness and physical activity of the elderly compared to a fitness walk test

Objectives: The aim of this paper is to compare the subjectively perceived health (fitness) and physical activity with an actual fitness walk test done by students of the University of the Third Age, using the LTEQ and SF-12 questionnaires.

Methods: There were 64 seniors who participated in this study (age $67,36 \pm 3,55$, height $1,67 \pm 7,04$ cm, weight $69,80 \pm 9,9$ kg). All of them students of the University of the Third Age, Faculty of Physical Education and Sport, Charles University. Two types of Questionnaires were used: The Leisure Time Exercise Questionnaire and A 12-Item Short-Form Health Survey, both of which are typically used to study the population of the elderly. A 2 km fitness walk test by Stejskal was used to gather data about aerobic fitness. The test took place at the athletic oval on the grounds of Faculty of Physical Education and Sport, Charles University. Polar S610i sporttester was used to measure heart rate. Statistic was used to calculate all SPSS 21.

Results: The results proved a significant correspondence between the subjectively perceived amount of leisure physical activity and the aerobic fitness measured by the 2km fitness walk test – specifically regarding intensive physical activity. Other variables proved no major connection between the subjective and the measured.

Keywords: the elderly, seniors, fitness, health, physical activity, walk, subjective