

Abstract

Title: Use of the DRUMS ALIVE program (drumming on gymnastic balls) for seniors.

Objectives: The aim of the thesis was to find out whether there will be a change in functional fitness after three months of application of the "Drums Alive" program for seniors.

Methods: Ten women with an average age of 75 years were tested. Functional fitness was evaluated using the measurement of batteries "Senior Fitness Test" before and after the three-month intervention program. A custom interview survey was used for evaluation of subjective feelings of the participants. The exercises took place once a week for three months and each lesson lasted 40 minutes.

Results: Fitness Drums Alive applied for a duration of 3 months mainly improved the strength of the upper and lower extremities. The flexibility of the joints of the upper and lower extremities, aerobic fitness and agility did not show any major changes. The training program was assessed positively overall by the participants.

Keywords: physical activity, fitness, rhythm, health, aging