

Abstract

Title: Measuring physical activities of older adults

Objectives: One principal objective is a structured presentation of methods and instruments actually employed in particular published research projects concerned with measuring physical activities of older adults in the Czech Republic, to be found in relevant recent studies (2008–2023). The other principal objective is a comparison and critical of secured facts and found data, with respect to actual trends and to prospects of future research.

Methods: Chief methods employed in this thesis are (1) research method, due to which the relevant sources have been found a gathered, (2) analytic-descriptive method, due to which the gathered texts have been adequately processed, and (3) method of comparison, in order to compare and assess the secured data.

Results: In sum 16 relevant research studies were found which directly focus on measuring physical activity of older adults in the Czech Republic. It was found that both subjective and objective methods of measuring physical activities have been used: as for subjective methods, four types of questionnaires have been employed; as for objective methods, two types of measuring devices have been employed. Then it was found that in the relevant measurement of physical activities of older adults in the Czech Republic, the bulk of the projects has employed subjective methods by means of standard questionnaires, to the latent exclusion of objective methods; and that projects of measuring physical activities of older adults with specific needs is completely missing in recent research.

Keywords: aging; health; quality of life; methodology; questionnaire; instrument