

Abstrakt

The thesis discusses the training of cognitive functions and physical exercise in the elderly population. It concerns the issue of active ageing, which is a very topical one. The theoretical part describes the findings and results of the latest studies mainly in seniors of good cognitive health. The practical part presents the research in how the seniors of good cognitive health respond to the combination of cognitive training, in other words memory training, and physical exercise.

Keywords: ageing, active ageing, cognitive function training, memory training, physical exercise