

In this work we focused on the application of physical activity, which aimed to reduce the negative impact of physical deprivation and associated functional and structural changes in the musculoskeletal system. The principal criterion was the diagnosis of the organ systems of the locomotor system, focusing on the muscular system. The subsequent application of appropriate forms of exercise intervention was designed to mitigate the effects of the aging process and functional changes in the body of the senior individual. Finally, we wanted to assess the impact of changes in body composition in its own self-sufficiency and independence of older people and the quality of life of older people in terms of physical and psychosocial aspects.

The most significant is the loss of muscle mass, sarcopenia development, increase fat mass with frequent reductions in body weight.

The focus of our work and its specific purpose is to clarify the influence of the applied physical interventions.

To assess changes in body composition are needed for our work used the method of multi Bioanalysis.

Results in body composition in older adults have been evaluated and intra-individual measured data were compared with the general senior population.

Kinesiology testing shortened muscle groups was carried out repeatedly to reduce subjective errors during the examination. For the record, we used a variety of results. Results kinesiology tests were treated as qualitative descriptions.

Appropriately chosen regular physical activity, or a combination of the appropriate forms, intensity and duration for senior individuals, along with other systemic treatment methods ideal for non-pharmacological influence the functional state of the organism. Subject to further these principles and recommendations it is also a safe option activities for senior individuals within the preventative measures.