

Abstract

Title: Exercise with seniors in a retirement home with a special regime

Objective: The main aim of the study was to determine whether seniors with cognitive impairment experience improvements that have a statistical significance in selected components of physical fitness after a three-month exercise program. Furthermore, it was checked whether regular physical activity changes their attitude towards exercise.

Methods: The study involved 9 probands (3 of them male) aged 72 to 90 years with cognitive impairment. The probands completed a three-month program (April-June 2022) in which they performed group and seated chair exercises twice a week for sixty minutes. At the beginning and end of the intervention program, they underwent an orientation fitness assessment using the senior fitness test and a questionnaire form on health limitations and attitudes toward exercise.

Results: The results of the senior fitness test showed that there was a statistically significant improvement in the parameters of lower limb strength, and agility with dynamic balance. Some improvement was seen in the other parameters, but without the statistical significance. Most probands showed a positive change in their attitude towards physical activity.

Keywords: physical activities, older people, Senior fitness test, cognitive impairment, intervention program, sitting exercises