

The theoretical part deals with problems of old age and aging and its impact on balance, mobility and walking alone. It summarizes the knowledge about execution, use and reference and other values of the Timed Up and Go, clinical test used in senior population mostly in testing mobility, walking, dynamic balance and risk of falling. The research part contains an experiment, where two groups of people – group of seniors aged 66 – 87 years and control group aged 43 – 60 years - were examined by the TUG test and its variant with a cognitive task. The results of this work show, that some seniors achieved a higher TUG score than healthy population of foreign studies. In a group of seniors TUG was able to distinguish different level of functional mobility and it's determinants. In combination with assessment of the quality of performance and cognitive task, which causes decrease of score and performance in the elderly, can serve as a fast and available screening functional status and mobility.