탄력밴드를 이용한 저항운동프로그램이 고령여성의 활동체력 증진에 미치는 영향

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GAbstract

Jung, D.J., Joo, K.C. The Effects of Resistance Exercise by Elastic Band for Improved to Daily Living Physical Fitness in Old-age Women. Exercise Science, 1231: 253-256, 2003. The purpose of this study was to compare activity fitness of daily living(AFDL) in elderly women. Eight old-age women(78.6±5.2yr) were participated in the AFDL test before and after the 6-weeks exercise program resistance exercise by Thera-band(elastie exercise, three times per week, sixty minutes per day, performing one to three sets of 10-15 repetitions). Six items representing various parts of the body(i.e., arm, leg, shoulder) and categories of movement(i.e., manipulation, locomotion, and stability) were selected, and defined as the human movement abilities.

Six performance tests(grip strength, arm curl, catching a dropped bar, carrying beans using chopsticks, manipulating pegs in a pegboard, stepping) items related to the AFDL were measured in test before and after by the same investigators, using the same instruments. The results of the comparison with the 3 items between the test before and after showed that the test after were significantly(p<0.05 or p<0.01) superior in grip strength, arm curl, catching a dropped bar, carrying beans using chopsticks, manipulating pegs in a pegboard, stepping.

These results suggest that resistance training programs utilizing elastic tubing can serve as practical and effective means of eliciting strength gains in old-age women. From these results, it can be concluded that the higher activity fitness of daily living(AFDL) level would contribute to a lifestyle of more engagement in exercise or physical activity.

Key words: AFDL, resistance exercise, grip strength, arm curl, catching a dropped bar, carrying beans using chopsticks, manipulating pegs in a pegboard, stepping.
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