



運動介入對機構高齡者身體適能成效分析

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摘要

本研究之目的是在探討功能性運動介入對機構高齡者身體適能之影響。在研究方法上，以高雄地區三家機構之肢體障礙者為對象，採實驗研究法進行研究，隨機分為運動介入組與控制組各24名。平均年齡為 81.32 ± 7.3 歲；實驗組進行12週中等強度（每週3次，每次40分鐘）的功能性運動介入，控制組則無任何運動計畫。經獨立樣本 t 考驗、相依樣本 t 考驗檢定統計分析，本研究結果發現，受試者在柔軟度、坐到站、平衡及繞物回坐等皆有顯著改善。根據研究結果，本研究從訓練方案規劃的觀點建議機構經營者，可依不同日常生活功能能力之高齡者做系統的運動課程規劃，對長期居住在機構內高齡者之身體適能應會有所助益，也彌補目前研究與實務的缺口。

關鍵詞：運動介入方案、機構功能性體適能方案規劃、機構高齡者功能性體適能方案

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Effects of Functional Exercise Intervention Program for Institutionalized Elderly People

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Abstract

This study is aimed to investigate the influence of functional exercise intervention on physical fitness of the elderly in a nursing care facility. Subjects were elder residents in three nursing care facilities in Kaohsiung, and the experimental methodology was employed. Subjects with average age of 81.32 ± 7.3 years were randomly separated into exercise group and control group with 24 subjects in each group. Subjects of exercise group performed 12 weeks of moderate intensity functional exercise intervention, during which they exercised three times per week, and each exercise session

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lasted for forty minutes while subjects of control group did not perform any kind of intervention. Data were analyzed by independent *t*-test and paired *t*-test. The results indicated that, the flexibility, sit-to-stand, balance, and get-up-and-go of the subjects significantly improved. According to the results, we suggest from the perspective of program planning, that health care facilities develop various of exercise program for the elderly systematically based on their abilities of daily living. On long term perspective, the developed programs will help the institutionalized elderly with their physical fitness. but also make up the current gap in research and practice.

Key words: exercise intervention program, functional fitness program planning for institution, functional fitness program for institutionalized elderly