

4th International Conference on

Sports Medicine and Fitness

November 14-15, 2018 | Edinburgh, Scotland

Life style habits and fitness of Czech elderly Special Olympic Athletes

Hana Válková

Masaryk University in Brno, Czech Republic

Background: Physical activity (PA) of elderly persons is strong research topic among general population regarding healthy life style and quality of life. Persons with mental disability (MD) seem to be out of this attention in Czech Republic even they have the same rights as people generally. Special Olympic program can provide participation in physical activities for wide spectrum of persons with MD. It is platform for research under umbrella of Healthy Athletes (HA) program. Composition of research projects focused on PA, life habits and healthy life style of elderly with MP can improve their real health and well-being.

Aims: 1. to present survey of age structure of SO participants in Czech Republic and their inclusion in SO sports; 2. to analyze selected variables of life habits and fitness of athletes – participants of SO Visegrad Games 2013; 3. to compare findings with variables of general elderly in published documents.

Methods: a) participants: 87 SO athletes in swimming, athletic and bocce, moderate level of MD (less than 75 points of IQ). All of them go through SO sports training more than two times per week; b) data collection: i) questionnaire recommended by HA manual, especially part Fun Fitness and Health Promotion were used. Questions are oriented on life habits related to health: nutrition and drinking regime, smoking, alcohol using, safety behavior; ii) measurement of body fat mass, fat-free mass, obesity with bioelectrical impedance analysis (Tanita BC-418); c) data processing: descriptive statistics.

Results and Discussion: age-related changes in body composition were similar as in general population. Obesity was found in 18.18 % of athletes aged 20–29 years, in 10.53% aged 30–39 years and 12.50% in the oldest age category (more than 40 years). Increasing accumulation of the fat tissue in the trunk was observed according a segmental analysis. Differences between male – female athletes were found which is relevant with general population, too. But – SO population is touch with regular PA. Nutrition habits and life style habits are strongly influenced with either family or residential education (more healthy in residents). Experience with questioning shows the questioning process has to be revised with high level of verification.

Conclusion: SO and HA program is good platform for research of life style of athletes with MD and their future education and independent living. Exact variables (body fat mass, fat-free mass, obesity, nutrition) are slightly different between male – female participants and between family or residential background. In general - similar like in general population trends. Participation of elderly athletes in regular PA and SO training can be considered positive finding but SO program has to push young athletes' involvement as well.

Biography

Dr. Hana Válková is a member of Doctoral Board and Scientific Board of the Faculty of Sports Studies in the Masarykova University, Czech Republic. Currently she is working as a Professor in the Division of History, Philosophy, Sociology and Psychology of Sport. She has over 100 publications in top scientific journals, including books, most recently publication is *Leaving Competitive Sport in the Czech Republic*.

valkova@fsps.muni.cz

Notes: