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## Evaluation of strength exercise knowledge among older adults

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**Objective:** The purpose of this study was to evaluate and determine the knowledge and opinions of resistance training among older adults in Jordan.

**Methods:** 119 older adults (72.5+6.8 years) responded to the survey, 60 did not participate (70.0+8.0 years) in strength exercise program and 59 participated (73.0+7.9 years) in strength exercise program at least one day per week. A survey was developed and used to assess current knowledge of strength exercise in older adults, the questions of the survey were created using a guide exercise from the National Institute on Aging ( National Institute on Aging, 2001).

**Results:** The primary findings of the study were that there are some misconceptions about strength exercise among older adults, which were not corrected by participating in strength exercise program, 71% of the older individuals, believe that strength-exercise helps build muscle strength.

**Conclusion:** More education and awareness about strength exercise benefits are needed among older adults in Jordan.

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