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SAOWAPA THIEMSRI : EFFECTS OF LOW IMPACT AEROBIC DANCE WITH
WEIGHT ON PHYSICAL FITNESS OF THE ELDERLY) THESIS ADVISOR :
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The purposes of this research were to study the effects of low impact aerobic dance with weights on the physical fitness of the elderly. The subjects were 30 elderly female volunteers, 60 years and over of age. They were randomly assigned into two groups, experimental and control group. The experimental group exercised using low impact aerobic dance with weight, while the control group exercised using low impact aerobic dance without weight. Both groups exercised 60 minutes a day, 3 days a week, for 12 weeks. The resting heart rate, resting blood pressure, flexibility, arm and leg muscle strength, balance, percent of body fat and maximum oxygen uptake were measured before training and after training for 6 weeks and 12 weeks in both groups. The data were then statistically analyzed in terms of means and standard deviations. A t-test was also employed to determine the significant differences at the .05 level.

The results were as follows :

1. After the 12 weeks of training , there were significantly better differences at the .05 level of the low impact aerobic dance with weight in the elderly females on the resting heart rate , the resting blood pressure , the flexibility , the arm and leg muscle strength , the percent of body fat and the maximum oxygen uptake.
2. After the 12 weeks of training, there were significantly better differences at the .05 level of the low impact aerobic dance with weight in the elderly females on the arm strength, the leg strength and the maximum oxygen uptake when compared with the low impact aerobic dance in the elderly females. There were no significant differences at the .05 level on the resting heart rate, the resting blood pressure, the flexibility, the balance and the percent of body fat.

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