

The purpose of this study was to find the effect of an aerobic exercise upon the physical fitness components in elderly women. The subjects of 19 female elderly were purposeively sampled from Banglamung Home for the Aged. They were over 65 years old (average age of 71.94) and they did not have any regular training program before. They were trained by aerobic exercise for 10 weeks, 3 days a week on Mondays, Wednesdays, and Fridays for 45 minutes in each period.

After the data were statistically treated, it was found that:

1. There were significant differences of body weight, systolic blood pressures, vital capacity, flexibility, body fat percentages, and flexibility of the knee joint, at .05 level, but for vital capacity and flexibility, the difference were significant at .01 level.

2. There were not significant differences of diastolic blood pressures and resting pulses.