



**The 11<sup>th</sup> International conference of sports and  
exercise science (ICSES 2021)**

*“Multidisciplinary approaches in long term development”*



## **Effects of Exercise Program Using Elastic on Physical Fitness in the Elderly**

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### **Abstract**

This study aimed to investigate the effects of exercise program using elastic on physical fitness in the elderly. The samples were the elderly aged between 60 and 70 years old in Wangprachop Subdistrict Administrative Organization, Tak Province. The experimental group consisted of 21 participants while the control group was composed of 21 participants. The data were collected for the period of four weeks. The sample received the exercise promoting program using elastic. The experimental group was provided with the exercise program using elastic which consisted of certain activities, i.e. lectures, group discussions, demonstrations and practice. The exercise guide was also provided for the group. The collected data were analyzed through descriptive statistics, and the mean scores were compared through Paired Sample t-test and Independent t-test at a significance level of 0.05.

The findings revealed that the experimental group achieved higher mean scores of muscle strength, flexibility and cardiovascular endurance of heart and blood circulation than those of the pre-experiment and of the control group at a statistical significance level of .05. The results pointed out that the exercise program using elastic improved physical fitness. This should be implemented with the elderly and people who are involved in caring for the elderly; specifically appropriate activities for the elderly in community should be provided in order to enable them to care for their own health properly and enhance physical fitness.

*Keywords:* Exercise Program Using Elastic, Physical Fitness, the Elderly

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