

偏遠社區老年男性體適能常模與現況分析

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摘 要

目的：台灣偏遠地區65歲以上族群尚無體適能常模可作為檢測後評估的參考指標。本研究藉由社區體適能檢測以建立常模，並了解老年體適能現況。

方法：以高雄縣田寮鄉1,033位65歲以上男性為調查對象，經全鄉篩檢選取414位完成檢測，回覆率為60.8%，排除使用輔具與經診斷有嚴重的關節病痛之個案，總計402位資料完整的個案為最後分析對象。每一位受測者填寫基本資料問卷及接受各項體適能檢測。另以每5歲分層（65-69歲、70-74歲、75-79歲、80歲以上），將各項測驗結果細分為九個百分位等級之常模呈現。

結果：402位受測者的平均年齡 74.5 ± 6.0 歲。各項體適能指標之總和平均五十百分位值依序如身體質量指數為24.1 公斤/公尺²、體脂率為20.6%、慣用手握力為33.3公斤、5下坐站為11.2秒、30秒坐站為14次、開眼單足立為19.6秒、坐椅姿體前彎為-1.2公分以及八呎來回走路時間為8.0秒，且隨著年齡增加而體適能指標顯著變差。

結論：本研究發現不同年齡層之各項老年體適能常模表現不同；都市和鄉村的老年男性體適能常模宜有所不同。

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關鍵詞：田野調查、社經地位、身體活動量、體脂率

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Physical Fitness Performance and Normative Score of Elderly Male Rural Dwellers

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Abstract

Objective: In Taiwan, there is no national consensus on the normative score for assessing physical fitness performance in elderly people living in rural communities. The study thus endeavored to set up the normative score and to understand the current status of physical fitness of elderly male rural dwellers in Taiwan.

Method: The study first surveyed the 1,033 men aged 65 and over in Tianliao township of Kaohsiung County. After an entire township sampling, 414 subjects were selected to receive examination, resulting in a response rate of 60.8%. Twelve of the 414 subjects were excluded due to use of assistive devices or severe joint disease, leaving a total of 402 subjects enrolled for formal analysis. Each subject had completed questionnaires and received physical fitness assessment. All of the subjects were divided into five 5-year age subgroups. The normative physical fitness scores were listed by nine-rank percentile distribution (in the order of 5%, 10%, 25%, 30%, 50%, 70%, 75%, 90%, 95% respectively).

Results: The average age of the 402 subjects read 74.5 ± 6.0 years old. The 50 percentile of each physical fitness assessment were listed such as body mass index 24.1 kg/m², percent body fat 20.6%, grasp test of dominant hand 33.3kg, 5-time sit and stand 11.2 sec, 30-s chair stand test 14 time, open-eye stand on right foot 19.6 sec, chair sit-and-reach test -1.2 cm, and 8-feet walking test 8.0 sec. All physical fitness performance was observed to decrease with aging.

Conclusion: Elderly males in different age groups demonstrate different levels of physical fitness as indicated by the disparities in the normative physical

fitness scores, and it seems sensible to adopt different normative physical fitness scores for elderly males living in rural and urban areas.
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Key words: Epidemiological survey, socioeconomic status, physical activity, percent body fat

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