Abstract

Quality of life related to health indicators (QLRH) were analyzed by means of the Short Form-36 Health Survey (SF-36) questionnaire and the specified kinetic parameters of the bench press movement (12 kg) as predictors of the neurophysiological adaptations produced by physical activity. These were the values of power, velocity, acceleration, strength and temporal variables.

Two groups were studied: the first group was active, undertaking regular physical activity (12 male; 6 female; 68.4±5.6 years; 1.65±0.074m; 74.57±15.41kg; BMI 26.93±4.02; weekly activity 4.5±1.65h.); the second group was sedentary (16 male; 7 female; 69±7.07 years; 1.67±0.072m; 74.95±7.4kg; BMI 26.84±2.78). Significant differences were found (p<0.05;df=1.39;dz=0.5). The group regarded as active considered itself as having a better quality of life and was able to perform the requested movement with greater speed and strength. The conclusions are relevant for future studies that centre on the loss of neuromuscular properties accompanied by a lack of physical activity and the effects of aging.

Keywords