Abstract

Objectives: To compare the static and dynamic balance of elderly practitioners and non-practitioners of physical activities in Academic Seniors, analyzing the association of sociodemographic factors. Methods: Participants were four hundred patients of both genders, and two hundred physically active individuals at the academies of third age (active group) and two hundred non aged practitioners of physical activity (sedentary group). To evaluate both groups, Tinetti test and a questionnaire with dichotomous responses were performed on sociodemographic profile, as well as, health conditions and habits of life. For statistical analysis, the chi-square test and “t” test were done, with significance level set at five percent. Results: The active group showed higher levels of static and dynamic balance when compared to the sedentary group (p <0.001). Conclusions: In this study it can be concluded that elderly people who practice physical activities at the Academies of the Third Age have better balance, when compared with sedentary elderly, indicating that activities in these spaces can generate positive effects on the motor performance of the elderly population.

Keywords

Elderly, Physical activity, Postural balance.