

Seminar on “How to Overcome Frailty with Aging by Regular Exercise Training? Lessons from Healthy Aging Happy Aging (HAHA) Study”

Date: Tuesday 6 December 2016

Time: 19:00 – 20:30

Venue: E33-2037, Faculty of Education, UM

Language: English

Registration: Online Registration - Link: <https://goo.gl/pzRmXP> or QR code



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Speaker:

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Abstract:

Aim: The effectiveness of 12 weeks of elastic band-based high-speed power training (HSPT) was examined. **Methods:** Participants were randomly assigned into a HSPT group (n = 14, 75.0 ± 0.9 year-old), a low-speed strength training (LSST) group (n = 9, 76.0 ± 1.3 year-old), and a control group (CON) (n = 7, 78.0 ± 1.0 year-old). 12 weeks of one-hour, exercise program was provided twice a week for the HSPT and LSST groups and balance and tone exercises were performed in the CON group.

Results: In 12 weeks of elastic band-based training, HSPT showed greater improvements in older women with mild cognitive impairment than LSST, although both regimens were effective in improving cognitive function, physical function, and muscle strength.

Conclusion: Elastic band-based HSPT, as compared with LSST, is more efficient in helping older women with mild cognitive impairment to improve cognitive function, physical performance and muscle strength.