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**ROLE OF SOME SPECIFIC TRAINING PROGRAM ON ELDERLY SUBJECTS**

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ABSTRACT

This work was conducted to detect the cardiopulmonary and metabolic effects of 12 weeks of aerobic exercises on 20 male elderly, they were selected from geriatric housing, with age ranged from 65 to 75 years old.

The aerobic program included walking and jogging for 15 minutes three times/ week, with intensity of 60% to 80% of maximum heart rate and 50% to 75% of V02max. The parameters studied were:

1. Cardiopulmonary parameters (blood pressure, heart rate and respiratory rate). ·

2. Biochemical analysis (serum cholesterol, triglyceride, HDL,LDL, blood glucose level).

All parameters were measured before and after the 12 weeks program. The data were statistically treated and showed a significant improvement in cardiopulmonary systems efficiency and reduction In serum cholesterol triglyceride, LDL, and post prandial blood glucose while HDL showed a significant increase but non-significant change was reported in fasting blood glucose level .

**Aims of the study:**

1. To detect quantitatively the value of the therapeutic training program (aerobic type) in rehabilitation of the elderly people

2. To clarify the effects of the aerobic training program on the blood pressure, heart rate, respiratory rate, blood lipids and glucose profile.

3. To investigate finding a training program, which may help those elderly individuals in order to offer additional method far improving their physical fitness.