

## ABSTRACT

The demographic alterations of the last century, that if had translated the modification and for times inversion of the age pyramids, reflected the aging of the population, had come to place the governments, to the families and the society in general, challenges for which were not prepared. To age with health, autonomy and independence, the later possible one, constitutes thus, today, a challenge to the individual and collective responsibility, with significant translation in the economic development of the countries.

It is placed, therefore, the question to think the aging to the long one of the life, in a more preventive and promotional attitude of the health and the autonomy, of which the practical one of moderate and regular physical activity is a inseparable aspect.

The accomplishment of studies directed for problematic of the aging and the physical exercise, is therefore nowadays crucial, in the measure where it matters to know the habits of the aged population in relation to the physical exercise, better to direct the efforts with the objective of reducing the sedentarism and thus providing a more healthful aging and better quality of life.

The study, of the type description-corelational, it has had an objective of characterizing and evaluating the physical aptitude of the senior population. For this study it was considered the senior population of Coimbra. The test focused on 40 individuals, randomly selected.

The instruments used were: questionnaire, composed by two parts: the first one, constituted of a set of questions that aimed at the characterization of the sample (partner-demographic); second, that it had as objective to characterize the clinical antecedents (chronic illnesses, habits...), perception of the quality of life and physical activity of the aged ones.

For the evaluation of the physical aptitude it was used battery of aged tests of physical aptitude for of Rikli & Jones (2001). Still other measurements had been carried through, as the measurement of the perimeter of the waist and the stature, and the evaluation of the corporal weight.

The aged ones had ages understood between the 67 and the 88 years, the calculated average is of 77,40 years (DP=5,40), most of the aged ones in study has ages understood between the 76 and 80 years (35.0%); in its majority they were men (55.0%). The majority (62.5%) had weight excess, being that of these 32.5% were overweighed.

The results achieved lead-in to the following illations:

- the biggest part (35.0%) of the aged ones in study only obtained to inside carry through one of the tests of the normal parameters (battery of six tests).

- In the test To raise and To seat in 30s, were verified that 80% of the aged ones of the masculine sex had carried through the test, however only 41.2% of the women had obtained it;

- In test "Flexion of the Elbows with Bar bells", 31.3% of aged of masculine sex and 60.0% of the feminine one with a number of repetitions below of the normal one;

- In the Walked test "of 6 Minutes", 68.0% of men and 100% of the women they had gotten values considered below of the normal one;

- In the test "To seat and To reach", It was verified that 58.8% of the aged ones of masculine sex and 71.4% of the feminine sex had gotten resulted below of the normal one;

- In the test "To reach hands to coasts" only 18.8% of masculine sex and 5.0% of the feminine one they had gotten considered values normal;

- In the test of agility, 41.2% of the aged ones of the masculine sex it got resulted negative, being that 95.2% of the women reached resulted considered normal.

- Only statistical significant relation Was verified ( $p < 0,05$ ) in relation to the antecedents of chronic illness of elderly and its physical aptitude ( $p=0,037$ ).