

Age analysis on fitness reliability tests in the elderly [Análisis de la edad sobre la fiabilidad de pruebas fitness en mayores]

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The aim of this study was to analyze if age affects the reliability of some fitness test widely used in elderly adults. Participants were 135 elderly women aged between 60 and 90 years old distributed into 5 age groups. All participants performed twice a battery of fitness tests with an interval between measurements of 1 week. The reliability indexes obtained in the bi-handgrip tests and 6 minutes walking were excellent ($ICC > 0.90$), while the rest were good ($ICC 0.70-0.89$). No statistically significant differences were found in the measurement error of these tests between age groups. It is concluded that age does not significantly affect to the reliability of the analyzed fitness tests. © 2019, Universidad Autonoma de Madrid y CV Ciencias del Deporte. All rights reserved.

Elderly

Functional capacity

Reliability

adult

aged

article

female

functional status

groups by age

hand grip

human

human experiment

major clinical study

measurement error

reliability

walking