



### TESTING OF SENIORS

Testing of seniors is very important at the beginning of any motion activity or any motion training.

We can divide testing into the laboratory one, which is characterized by exercise stress test with monitoring EKG curve, monitoring blood pressure and heart rate rising.

We also test, with great advantage, even pulmonary functions by so-called flow volume curve. We can find out whether the person does not have pulmonary obstruction or pulmonary restriction. We monitor also breathing during the exercise and rising of pulmonary functions, pulmonary volume and even ventilation under the exercise stress (air flow into and out of lungs). We also try to monitor blood pressure during check-ups at individual grades of exercise stress. Blood pressure should be rising. If it does not rise, the person is endangered by heart failure.

Another testing can be carried out in the field, e.g.:

- testing by walking through the corridor test, where we test the ability to keep heart rate and performance during a 6-minute walking test,
- check-up through so called step test, when we test reaction of heart rate followed by measuring blood pressure
- testing on so called standing kilometre, when we test the person during medium exercise stress, whether they tolerate one-kilometre walk at a certain standard speed and also whether they are able to keep recommended heart rate at adjusted subjective sensation during the exercise stress.

The person should not be short-winded, should be able to speak with somebody he is walking with, and thus we can be sure that he will not be overloaded. These forms of testing are very important and so is checking of their improvement.