

Adaptation to exercise in adult age

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Abstract

The increase in the quality of life represents a major objective of the modern society. Physical education teachers, doctors, kinetotherapists and the person himself through self education contribute to this aim.

Accordingly, physical activity deliberately initiated and systematically repeated can ensure, especially at adult age, stage II (45-55 years) and III (55-65 years), the capacity of independence in the relationship between the individual-environment-society. This performance must be adapted to the physiological characteristics of the person who performs it.

A middle age man who practiced rugby when he was young was studied. Now he performs regular physical exercises as a long life activity. We observed him over three days and measured his blood pressure and cardiac rate.

Our hypothesis was that he would be able to perform force exercise in endurance level (long III), at sub-maximal intensity (anaerobe threshold) by adult persons (stage II), which was confirmed. In addition we saw that he was able to sustain exercise well. Adapted physical effort at this age should be part of the permanent education of the adult.

Keywords: anaerobe threshold, steady-state, blood pressure, heart rate.