

ABSTRACT

This work main target is to verify the influence of a physical exercise program on the functional physical capacity and mood states in an elderly population.

The tested sample was formed by eleven subjects, 9 males and 3 females. Their ages are between 64 and 95 years old, provided by the Social Community Center Nossa Senhora dos Milagres, Cernache, Coimbra, Portugal.

The 'Functional Fitness Test' (Rikli and Jones, 1999) set of tests was used to visualize the functional physical capacity and the POMS-SF (Short of the Profile of Mood States) mood states inquiry, before and after the application of a 16 week exercise program.

The results were collected and a descriptive statistic inferential analyses was made, as well as Pearson correlations, using the statistic program SPSS10.0.

Through the interpretation of the statistic results we can conclude that: (1) There are improvements of the elderly mood states after the application of the 16 week exercise plan. (2) There are improvements in the functional capacity of the elderly after the application of a physical exercise program. (3) There is a statically clear correlation between the functional physical capacity and the different mood states. (4) There is a clear inverse correlation between the functional physical capacity and stress levels of the elderly.