Judo training for older individuals with control group: An anthropometric evaluation

Simone Ciaccioni, Giancarlo Condello, Laura Capranica

Department of Movement, Human and Health Sciences, University of Rome Foro Italico

The aim of this study was to investigate the effects of a 4-month judo training (1-hr training session, twice a week) on anthropometrical variables in older individuals (age: 60-76 yrs). The experimental group (JG) included 19 (F=9, M=10; 68.9±3.7yrs) participants to a 4-month judo programme, whereas the control group (CG) encompassed 14 (F=7, M=7; CG: 69.9±4.9 yrs) sedentary controls (CG). The considered anthropometric variables were: weight (Wt), height (Ht), body mass index (BMI), waist circumference (WC) and hip circumference (HC). A 2 (gender) x 2 (group) x 2 (intervention) ANOVA for repeated measures was applied to ascertain differences between groups (p<0.05).

A main effect emerged for gender (p=0.017) and intervention (p=0.001), whilst significant interactions group x gender (p=0.007) and intervention x group (p=0.032) were revealed. Regarding intervention effect, significant differences (p<0.001) emerged for weight (pre: 74.2±12 kg; post: 72.8±12.8 kg) and BMI (pre: 27.16±3.1 kg·m$^{-2}$; post: 26.66±3.13 kg·m$^{-2}$). For the intervention x group interaction, a significant difference (p=0.01) was confirmed only for hip circumference in the experimental group (pre: 101±5.4 cm; post: 99.9±4.9 cm).

In considering that individuals older than 55 years tend to adopt sedentary lifestyles [2] and to increase anthropometric variables related to health risks [3], intervention approaches are needed to increase the level of physical activity in older adults [1]. The present findings indicate that practising judo in older ages allows to control the anthropometric variables, thus opening a new research line on this discipline.

References:


Keywords: Anthropometry, older persons, judoka, physical activity, physical health