Evaluation of Strength Exercise Knowledge,  
Among Older Adults  

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Abstract  

Objective: The purpose of this study was to evaluate and determine the knowledge and opinions of resistance training among older adults in Jordan.  

Methods: One hundred nineteen older adults (72.5± 6.8 years) responded to the survey 60 did not participate (70.0 ±8.0 years) in strength exercise and 59 did participate (73.0 ± 7.9 years) in strength exercise program at least 1 day per week A survey was developed and used to assess current knowledge of strength exercise in older adults. The questions of the survey were created using exercise: A Guide from the National Institute of Aging (National Institute on Aging, 2001)  

Results: The primary findings of the study are that there are some misconceptions about strength exercise among older adults, which was not corrected by participating in a strength exercise program, 71% of the older individuals believe that strength-exercise “helps build muscle strength.”  

Conclusions: More education and awareness is needed about strength exercise benefits among older adults in Jordan.  

Keywords: Strength Training, Resistance Training, Muscular Strength.
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**Analysis**


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(2001)