

### 西安体育学院学报

2011年 第6期

#### 西部体育论坛

文章编号: 1001-747X(2011)06-0665-03

文献标识码: A

中图分类号: G80 - 051

#### 人口老龄化进程中陕西省老年人体质现状的比较研究

刘德皓<sup>1</sup>, 韩恩力<sup>2</sup>

1. 西安体育学院, 西安710068; 2. 廊坊师范学院, 河北廊坊065000

**摘要:** 在对人口老龄化进展状况认识的前提下, 重点对陕西省老年人体质水平发展变化状况进行比较研究, 为有关职能部门制定相关政策, 指导老年人科学健身提供有益的参考。运用文献资料法、体质测试法和比较法, 研究我国和陕西省老年人体质状况, 结果表明: 我国和陕西省老年人体质水平5年间有较大幅度提高, 显示出实施全民健身计划的效果; 但仍有约15%的老年人体质不合格, 应该引起有关部门的注意。城乡老年人体质有一定的差异, 城市老年人体质优于农村老年人。

**关键词:** 老年人口; 老龄化; 进程; 体质; 比较

#### The Comparative Research of Population Aging Process and the Physical Fitness Level of Elderly People of Shaanxi Province

LIU De-Hao<sup>1</sup>, HAN En-Li<sup>2</sup>

1. Xi'an Physical Education University, Xi'an 710068, China; 2. Langfang Teacher's College, Langfang 065000, China

**Abstract:** The Paper Is Aimed To Provide A Useful Reference For Government To Make Relevant Policy And Guide The Elderly People To Exercise Scientifically By Comparative Research On The Understanding Of Aging Process And The Change Of Elderly People's Physical Status In Shaanxi Province. By Means Of Literature Method, Physical Fitness Test Method And Comparative Method, The Paper Discusses The Physical Condition Of Elderly People In Shaanxi Province And China. The Result Demonstrates That There Is A Substantial Increase Of Elderly People's Physical Condition In Ten Years, Which Shows The Effect Of The Implementation Of The National Fitness Program. However, There Are Still About 15% Of The Elderly People Who Are Not Qualified, Which Should Be Noticed By Relative Department. Generally, The Physical Condition Of Aged In The City Is Better Than In Rural Areas And The Gap Between Urban And Rural Areas Is Enlarged With The Increase Of Age.

**Key Words:** Elderly Population; Aging Process; Physical Fitness Level; Comparison

[\(文章全文 PDF\)](#)

收稿日期: 2011-05-24 修回日期: 2011年

基金项目:

作者简介: 刘德皓(1973-), 男, 新疆奎屯人, 讲师; 韩恩力(1976-), 男, 河北廊坊人, 讲师。