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老年人24式简化太极拳能量消耗测定 [点此下载全文](#)

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摘要:

摘要目的:测定老年人24式简化太极拳的能量消耗范围,探讨其是否符合老年心血管患者的运动处方的要求。方法:采用实时气体采样,不限制太极拳练习的体位,测定老年人的耗氧量(VO<sub>2</sub>)、代谢当量(METS)、心率(HR)等指标(n=200);根据膝关节弯曲角度分为高位(150°)和低位(120°)两组,再测定其上述指标。结果:不限体位时,平均VO<sub>2</sub>为644.57±153.6ml/min,达47.90%±10.06%VO<sub>2</sub>max;平均METS为3.10±0.60,达47.74%±10.15%METsmax;平均HR为101.17±15.52bpm,达67.0%±10.25%HRmax;高位时平均VO<sub>2</sub>为541.66±96.13ml/min,达40.85%±6.57%VO<sub>2</sub>max,低位时739.95±134.44ml/min,达54.43%±8.15%VO<sub>2</sub>max;高位时平均METS为2.63±0.31,达40.86%±7.16%METsmax,低位时3.52±0.47,达54.12%±8.18%METsmax;高位时平均HR 96.62±11.57bpm,达63.96%±7.72%HRmax,低位时105.37±17.56bpm,达69.82%±11.52%HRmax。两组间能量消耗差异有显著性(P<0.05)。结论:简化24式太极拳运动强度、练习特点符合老年心血管患者运动处方的要求,是可调节的低-中强度的有氧运动。

关键词: [太极拳](#) [运动处方](#) [能量消耗](#) [老年人](#) [心血管疾病](#)

Evaluation of energy expenditure in the practice of 24-actions taijiquan in the elderly [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To evaluate the range of energy expenditure in the practice of 24-actions taijiquan in the elderly and to determine the qualification of exercises prescription of 24-actions taijiquan for the elderly with cardiovascular diseases. Method: The oxygen consumption (VO<sub>2</sub>), metabolic equivalent (MET), heart rhythm (HR) of 200 elderly patients were measured by real-time air sampling during the practice of taijiquan with or without posture limited. Result: ① Without posture limited, the mean VO<sub>2</sub> was 644.57±153.6ml/min, reached 47.90%±10.06%VO<sub>2</sub>max; the mean METs was 3.10±0.60, reached 47.74%±10.15%METsmax; the mean HR was 101.17±15.52bpm, reached 67.0%±10.25%HRmax. ② With posture limited when the knee-joint curvature was 150° or 120°, the mean VO<sub>2</sub> was 541.66±96.13, 739.95±134.44ml/min respectively, reached 40.85%±6.57%, 54.43%±8.15%VO<sub>2</sub>max respectively; The mean METs was 2.63±0.31, 3.52±0.47 respectively, reached 40.86%±7.16%, 54.12%±8.18%METsmax respectively; the mean HR was 96.62±11.57, 105.37±17.56 bpm respectively, reached 63.96%±7.72%, 69.82%±11.52%HRmax respectively. The energy expenditure between two groups had significant difference (P<0.05). Conclusion: The intensity and practice features of 24-actions taijiquan was qualified for the exercises prescription of the elderly with cardiovascular diseases and was an adjustable aerobic exercise with mild to middle intensity.

Keywords: [taijiquan](#) [exercises prescription](#) [energy expenditure](#) [the elderly](#) [cardiovascular disease](#)

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