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太极拳对中老年人握力及反应时的影响 [点此下载全文](#)

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摘要:

摘要目的: 探讨太极拳对中老年人握力及反应时的影响, 为太极拳作为适合中老年人的中低负荷的运动方式提供依据。方法: 随机选取崇文区中老年人共421人, 其中进行太极拳练习5年以上的212人, 作为实验组; 不常从事体育锻炼的209人, 作为对照组; 每组再分为45—55岁(中年组)、56岁以上(老年组)两个年龄组, 分别进行握力及反应时测试。结果: ①长期太极拳习练后, 太极拳组握力与对照组相比差异无显著性意义($P>0.05$), 两组中男性老年组握力均明显低于中年组($P<0.01$), 但女性老年组与中年组相比差异无显著性意义。②长期太极拳习练后, 太极拳组中老年组反应时的值均低于对照组, 差异有显著性意义($P<0.01$), 无性别差异。结论: 太极拳可以较为明显的缩短中老年人的反应时, 提高中老年人反应灵敏度, 但对力量性指标(如握力)未见明显的影响, 这可能是由于太极拳本身运动强度不大造成的。

关键词: [太极拳](#) [中老年人](#) [握力](#) [反应时](#)

The effects of taijiquan on the grip strength and reacting time of middle aged and aged people [Download Fulltext](#)

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Abstract:

Abstract Objective: To discuss the effect of taijiquan on grip strength and reacting time of middle aged and aged people, and provide the evidence for taijiquan to be a middle-underload way for improving health. Method: In Beijing Chongwen district, 421 middle-aged persons were chosen and divided into two groups, 212 persons persisted in doing taijiquan exercises for 75 years as exercises group and 209 persons were common health middle-aged people who didn't do exercises frequently as control group. Each group was subdivided into male and female subgroups, which subdivided into 46—55, above 56 two-age sections in further. Grip strength and reacting time of the subjects were tested. Result: ①After long-term taijiquan training, the grip strength increased not significantly compared with control group. But the grip strength decreased in male of aged group. ②After long-term taijiquan training the reacting time of taijiquan group shortened more than that of control group, and without gender difference. Conclusion: Taijiquan training could shorten the reacting time and elevate the sensitivity of aged and middle aged people. The exercises intensity of taijiquan was not quite high, the effect of taijiquan on grip strength was not obvious.

Keywords: [taijiquan](#) [middle aged and aged people](#) [grip strength](#) [reacting time](#)

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