

The relationship between the score of New Physical Fitness test and the score of Health Related test of QOL (SF-36) among the elderly college students in a local community

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The purpose of this study was to investigate the relationship between the physical fitness measured by New Physical Fitness test and QOL measured by Health Related test of QOL (SF-36).

Subjects were the students of the elderly college in T-town. 98 participants (mean age 74.4 years old) in 2006, and 63 participants (mean age 74.9 years old) in 2007 were studied. For the statistical analysis, we used Pearson's correlation coefficient, and $p < 0.01$ were considered significant.

As results, we found a significant relationship between the score of physical functioning (PF) of SF-36 and the score of 6 minutes walking of New Physical Fitness test, and between the score of PF and ADL total score. There was no relationship between the items related to mental function of SF-36 and physical fitness.

From these results it was suggested that there is a relationship between physical fitness and the QOL related to physical function, but not the QOL related to mental function. Moreover it was suggested that the ability of daily life activity is more important than the elemental physical fitness to the QOL related to physical function.