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**PECULIARITIES OF MORPHOMETRIC CHARACTERISTICS OF  
PHYSICAL DEVELOPMENT OF ELDERLY AND OLD AGE PERSONS  
(REVIEW)**

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**ABSTRACT**

*Most of the health problems faced by older people are associated with chronic conditions, especially noncommunicable diseases. While most older people will have numerous health problems over time, getting older does not mean addiction. Many of them are preventable or may occur later as a result of a healthy lifestyle. Other health problems can be effectively dealt with if they are identified early enough. And even for people with reduced vitality, a supportive environment can ensure a decent life and continued personal growth. However, the world is still very far from this ideal. Therefore, the problem of population aging requires a comprehensive response from health systems.*

**KEYWORDS:** *Physical Development, Physical Inactivity, Bad Habits, Old And Senile Age.*

**INTRODUCTION**

Physical development, along with such indicators as fertility, morbidity and mortality, is one of the indicators of the level of health of the population, the assessment of which is based on comprehensive studies of morphological and functional parameters of the organism [16; p. 288, 7; p. 54-65]. The level of physical development in different periods of ontogenesis reflects the general patterns of growth and development, but at the same time significantly depends on

social, economic, sanitary and hygienic and other conditions, the influence of which is largely determined by the age of a person.

One of the objective indicators of assessing the health of an organism is the level of its physical development, which reflects the general level of sanitary-hygienic and socio-economic conditions of life of various groups of the population and is subject to changes under the influence of a large variety of external and internal factors [9; p. 191, 11; p. 247.5; p. 50, 18; pp. 30-35, 19; pp. 40-45, 20; p.245].

Currently, there is a tendency towards the aging of the world's population, which is reflected in short- and long-term forecasts of an increase in the duration of active life for people aged 60 and over, and in the age group over 80. According to experts' forecasts, the overwhelming majority of the elderly will be women [2; pp.57-60].

Demographers call an aging population an increase in the relative proportion of older people. The population of a country is considered aged or aging when this proportion exceeds 7-8% of its total population. In Russia, 1/5 of the population (according to 1999 data) are elderly people [17; p.200.1; p. 229].

According to the World Health Organization (WHO), the following age periodization and characteristics of individual development of a person have been adopted: age from 60 to 74 years old is considered as elderly, 75 years and older - senile, age 90 and older - long-livers [6; pp. 133-161]. However, such a distinction into periods is conditional, since the calendar and biological, as well as psychological age do not always coincide. Aging is a hereditarily programmed process accompanied by age-related changes that naturally occur in the body. Physiological old age is the old age of practically healthy people, it is not complicated by any pathological processes [21; p. 396, 22; p. 346].

Obviously, in social terms, the main problem of older people in modern society is to provide conditions for their active lifestyle, while the solution to this problem has both social and economic significance [3; p. 44, 4; p. 23-27].

Physical status makes a significant contribution to the structure of health at all periods of the human ontogenetic cycle. At the stage of growth and development, the formation of physical qualities lays down reserves of well-being for the future and is associated with the formation and functioning of all systems of a young organism. For an adult, physical status is a powerful criterion for working capacity, stress resistance, and adaptive abilities. Deviations of certain parameters of physical development from the population norm can become a serious obstacle in professional selection even in the absence of serious diseases. In old and old age, good physical performance is an important factor in functional independence [13; p. 172, 15; p. 129].

Physical status is a dynamic concept. Changes in morphological and functional characteristics during life depend on many reasons, are determined by a number of regularities and obey the laws of age grading, heredity, unity of the organism and the environment [14; p. 19]. One way or another, it is possible to successfully manage the physical qualities of a person for the benefit of health only if the alleged patterns are proven.

The scientific literature on physical culture presents a wide range of developments on the use of means and methods of maintaining physical activity in older people [8; p. 128-135, 15; p. 129, 22; p.346].

Obviously, for their effective implementation, it is necessary to take into account the state of health, the level of functional characteristics of physical fitness.

Literary data testify to the reality of restoration of the functional capabilities of an aging organism in the process of health-improving physical culture [12; p. 119, 10; p.23, 27].

At the same time, there is an increase in the quality of their life, a decrease in the risk of falls, cardiovascular diseases, normalization of cholesterol and lipoprotein parameters, an increase in the body's resistance, physical strength and endurance, a decrease in depression [15; p. 129, 16; 288].

Analysis by E.N. Medvedeva. et al. (2015) testifies that older women prefer to engage in dance aerobics, which, however, gives too much workload, the exercises conducted using oriental systems have a low level of exercise, while the groups of women were formed without taking into account age characteristics [8; p.128-135]

Some authors believe that with aging, the adaptive capabilities of the body decrease, which are largely associated with age-related changes in the neurohumoral regulation system, cardiovascular system, immune reactivity, as well as a decrease in muscle strength and endurance [4; p. 23-27, 11; p. 247, 12; p.119].

In the literature there are different opinions on the issue of age-related changes in women in the function of blood circulation during muscular activity [9; p. 191, 14; p. 19, 6; p. 133-161, 19; p.40-45].

It is believed that over the years, the effectiveness of the impact of training on the body decreases. So, a number of authors [13; p. 172, 14; p. 19, 18; pp. 30-35, 19; pp. 40-45] came to the conclusion that when performing the same training program, its effect on the body of young people will be more effective than its effect on the body of 50-60-year-old people. Obviously, training causes an expansion of the functional range of individual organ systems in people of 60-70 years of age, but the phenomena of adaptation in this case proceed in a peculiar way [20; p. 245].

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