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JOURNAL OF HUMAN SPORT AND EXERCISE
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Team

Policies

Information

Editorial

Submissions

JHSE

• [Current Issue](#)

• [Back Issues](#)

• [Most recent articles](#)

• [Index](#)

• [Advertisement](#)

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[article](#)



[Indexing metadata](#)



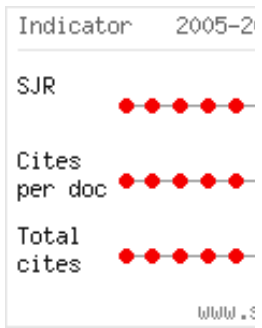
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ATOM 1.0

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By
Issue

By
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By
Title

Search

All

Search

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Username

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Log In

[Announcements](#)

[Home](#) > [Vol 8, No 2Proc \(2013\)](#) > [Borba-Pinheiro](#)

Resistance training program on functional independence of an elderly man with frontotemporal dementia: a case report.

Cláudio Joaquim Borba-Pinheiro,

Nébia Maria Almeida de

Figueiredo, André Walsh-

Monteiro, Olavo Raimundo

Macedo da Rocha Júnior, Carlos

Soares Pernambuco, Marco

Aurélio Oliveira, Estélio Henrique

Martin Dantas

Abstract

To investigate the effects of a resistance training program on muscular strength, functional autonomy and body composition of an elderly man with frontotemporal dementia, was the objective of this study. A male volunteer with 80 years of age and 75.7 kg of body weight was participant of this study. The cerebral atrophy of temporal lobes was diagnosed by a Computer Tomography Scan. To evaluation of muscle strength the 10RM test (repetition maximum), for functional autonomy the

protocol of the Latin American
Development to Maturity Group
– (GDLAM) and body
composition determined by Dual
Energy X-ray absorptiometry
(DXA) were used. The training
period of four months consisted
of eight exercises with intensity
of 65% to 90% of 10RM, with
three sessions weekly of the 60
min/session. The student t test
was used. Statistical