Abstract:

Objective: Sedentary lifestyle has become a serious crisis among the country's middle-aged community. This can affect the quality of people's functional movement patterns. Therefore, the aim of this study was to compare the scores of functional movement screening test among active and inactive middle-aged men in Mashhad. Methodology: Forty middle-aged men between the ages of 45 and 55 were randomly selected and purposefully divided into active men and inactive men. Subjects were selected based on inclusion and exclusion criteria. Then, a set of functional movement screening test (FMS) which includes 7 movement tests was taken from all subjects in both groups. Independent t-test was used for statistical analysis of research findings. Results: The results showed that the subjects of the active male group in all FMS movement tests received higher scores than the inactive male group. Discussion: Regular and continuous activity can improve motor performance and this can prevent a person from suffering from musculoskeletal injuries. Therefore, all middle-aged men are recommended to improve the quality of their functional movements by doing regular sports activities.

Keywords: Functional movements - middle-aged men - sedentary, FMS.