



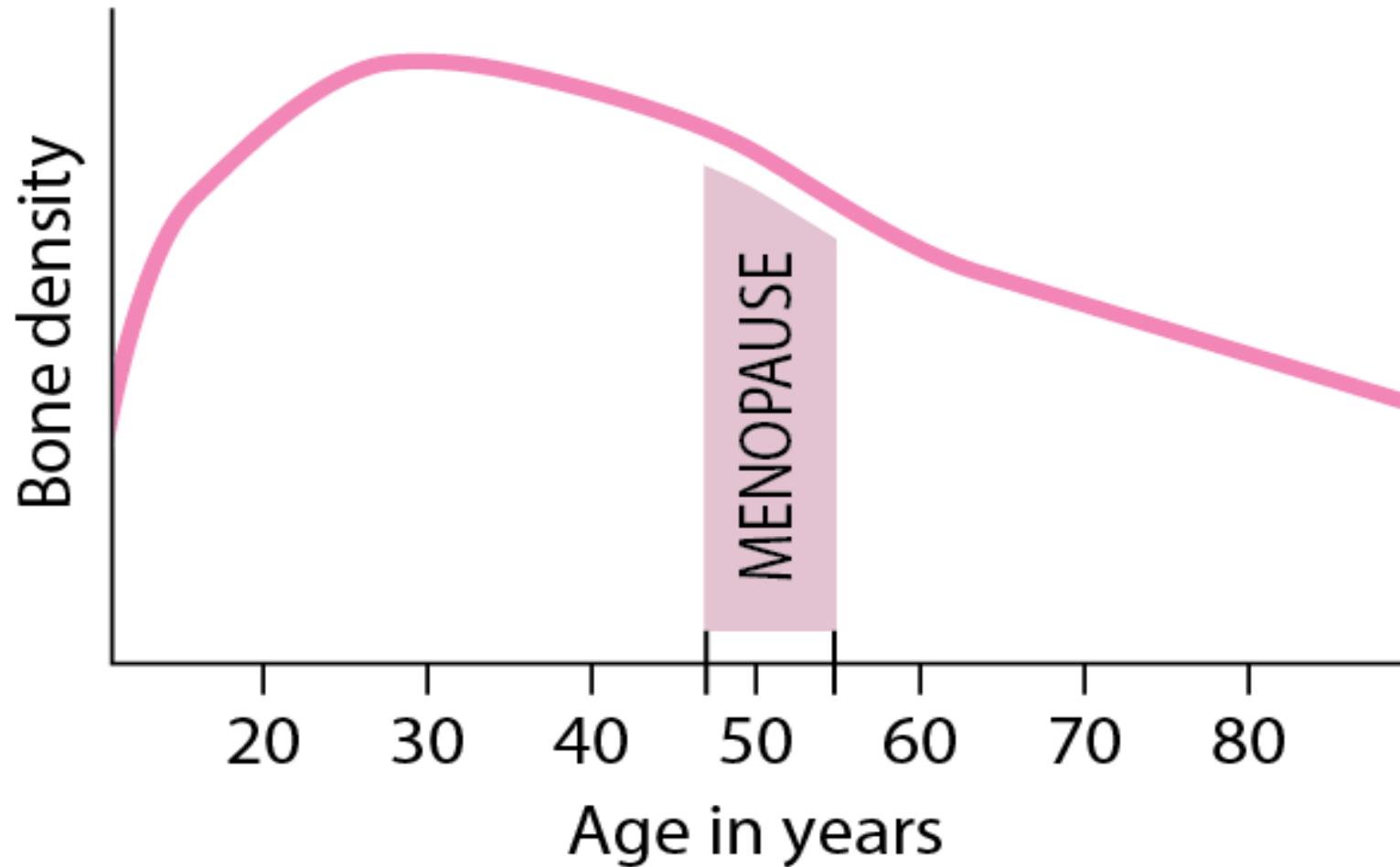
**“Superagers”:
Føroysk
(kvinnu)aldursgranskning
í BBC-heimildarrøð**

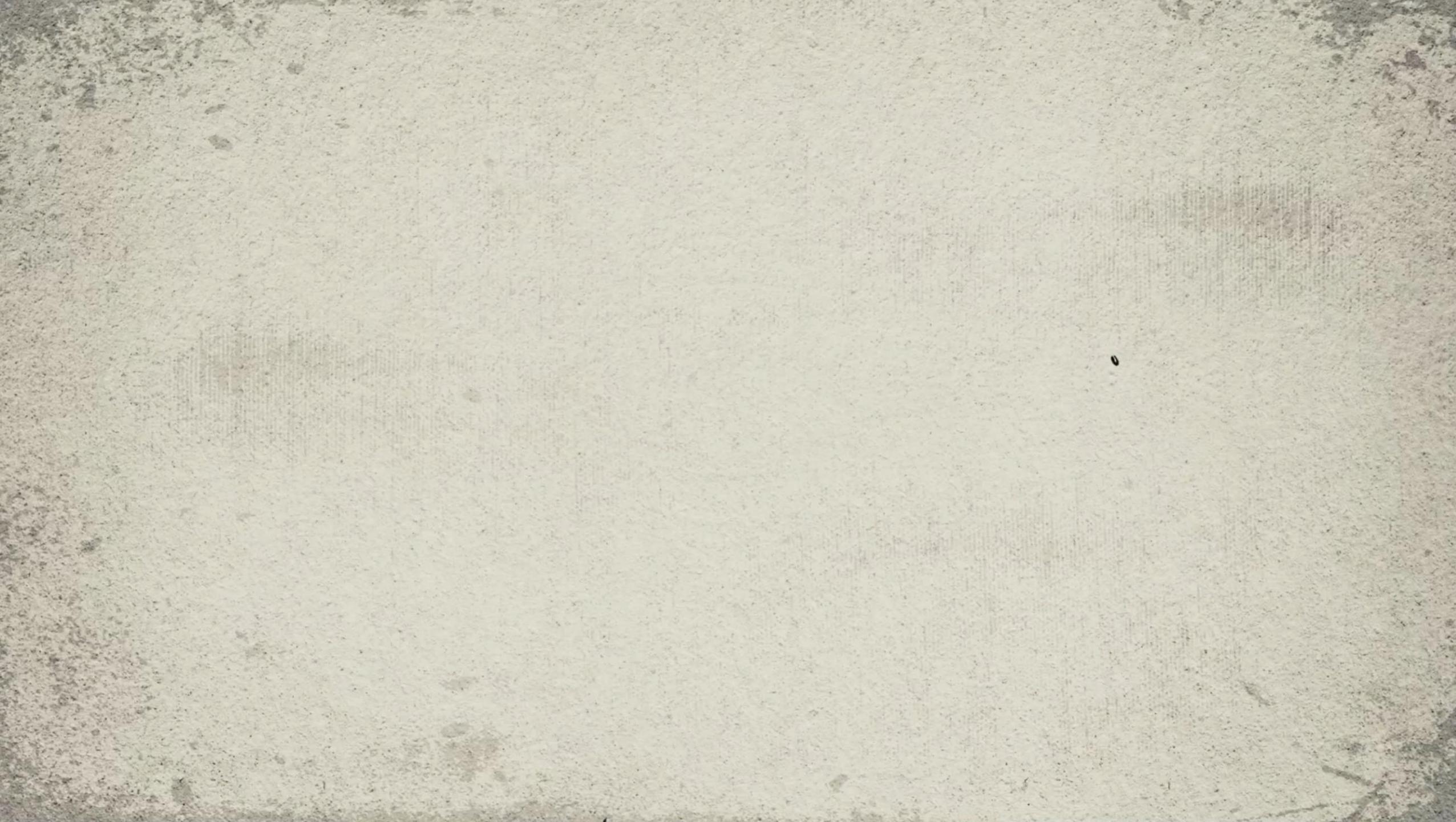
**Magni Mohr, professari
Fróðskaparsetur Føroya**



**FRÓÐSKAPARSETUR
FØROYA**

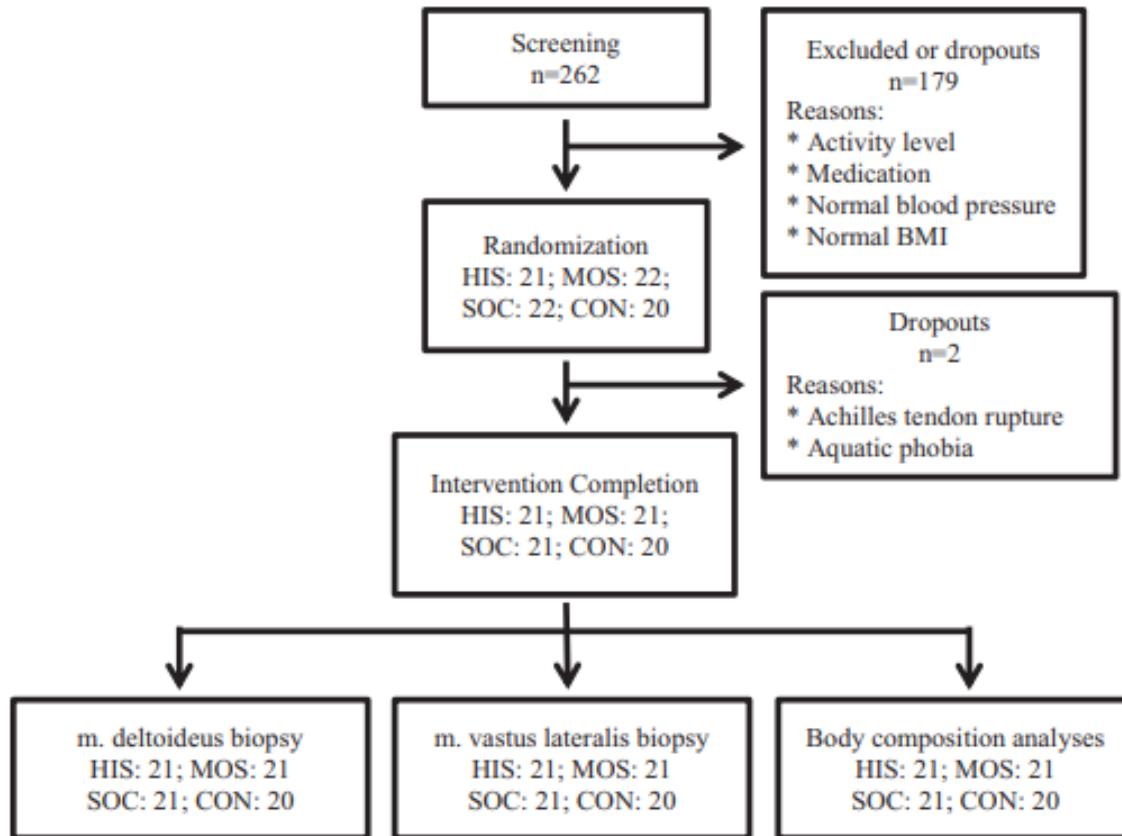
Beinheilsa hjá kvennum – árin av aldring







2013 og 2023: The SOS-study – 4-arm RCT

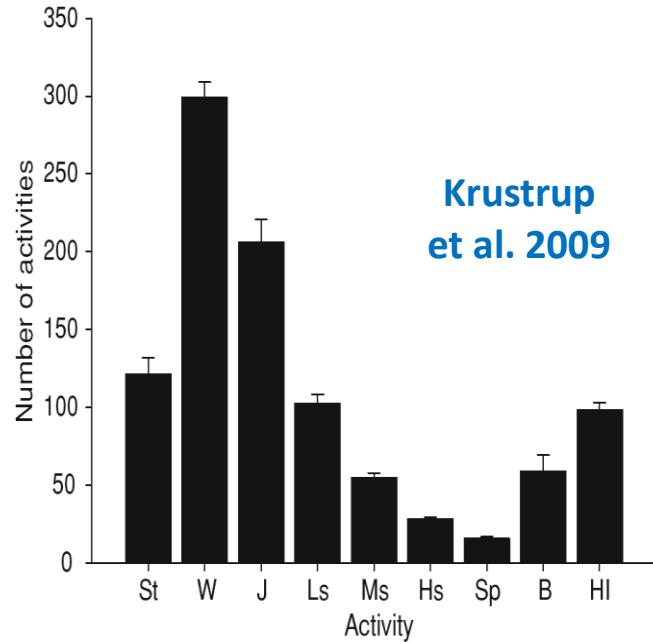




Hví er fótbtoltsspæl munadygg venjing av beinagrindini?

Endurtøka av fjølbroyttum intensem rørslum

Intense running bouts

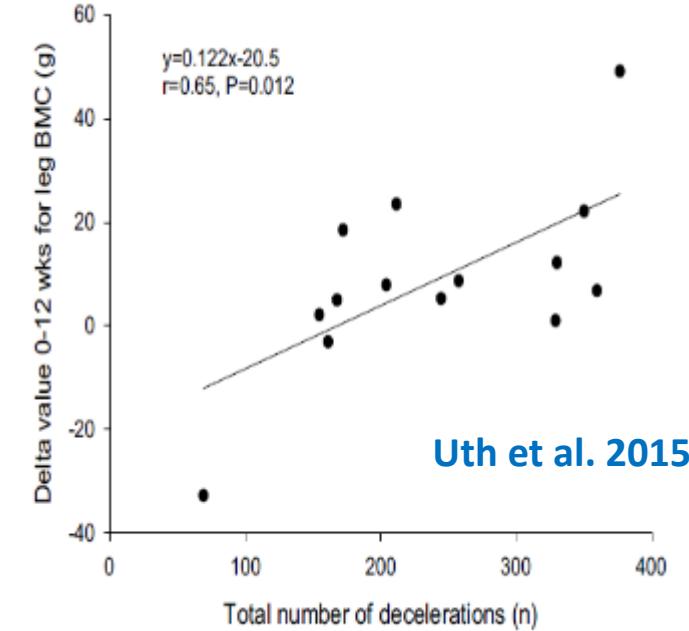


Specific intense actions

TABLE 1. Specific movements during a 1-hour football training session for untrained women (n = 9).	
Activity	Mean ± SD
Diving	0.6 ± 1.1
Dribble	17.4 ± 11.1
Heading	0.2 ± 0.5
Jump	1.1 ± 1.9
Pass	17.4 ± 7.6
Shot	22.5 ± 12.4
Stops	28.2 ± 11.2
Tackle (shoulder)	21.1 ± 6.8
Tackle (foot)	16.2 ± 7.5
Throw	1.2 ± 1.5
Total turns	65.5 ± 36.2
Turns 0–90°	34.8 ± 15.7
Turns 91–180°	25.5 ± 18.6
Turns 181–270°	4.8 ± 3.6
Turns 271–360°	0.4 ± 0.7
Total	191.5 ± 63.3

Pedersen et al. 2009

Decelerations



Sprints



Dribbles



Turns



Tackles



Jumps

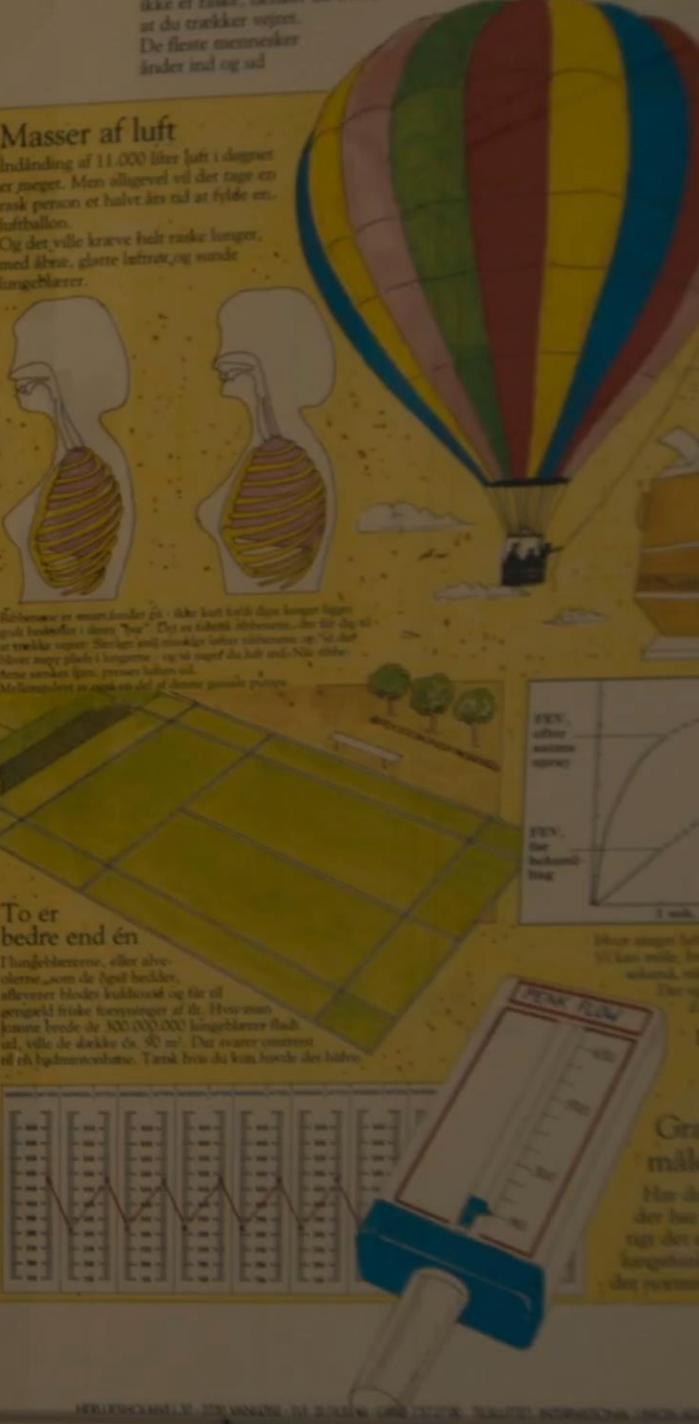
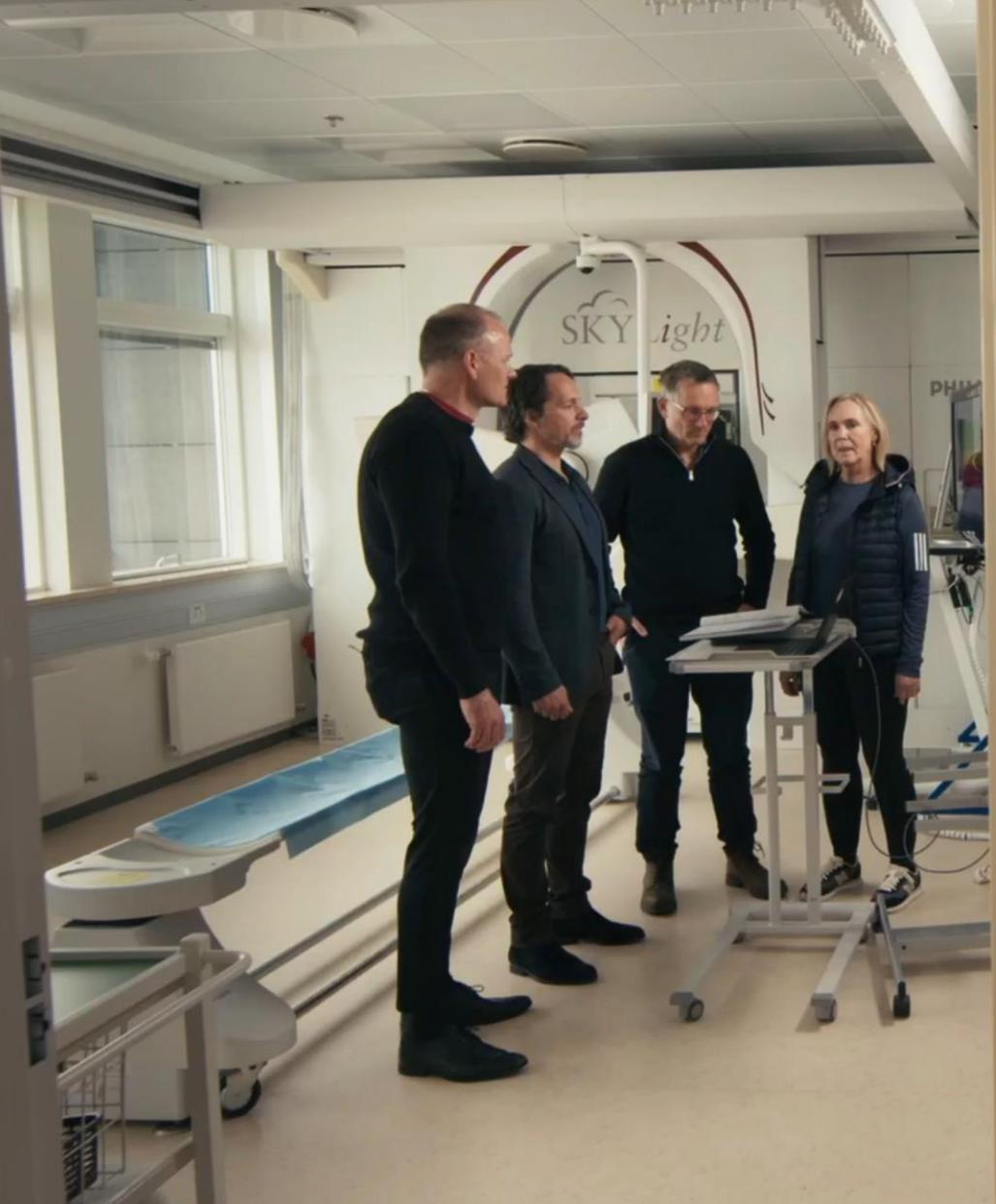


Shots

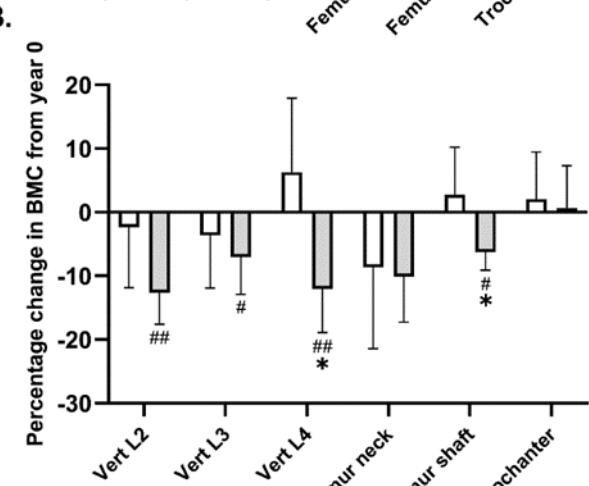
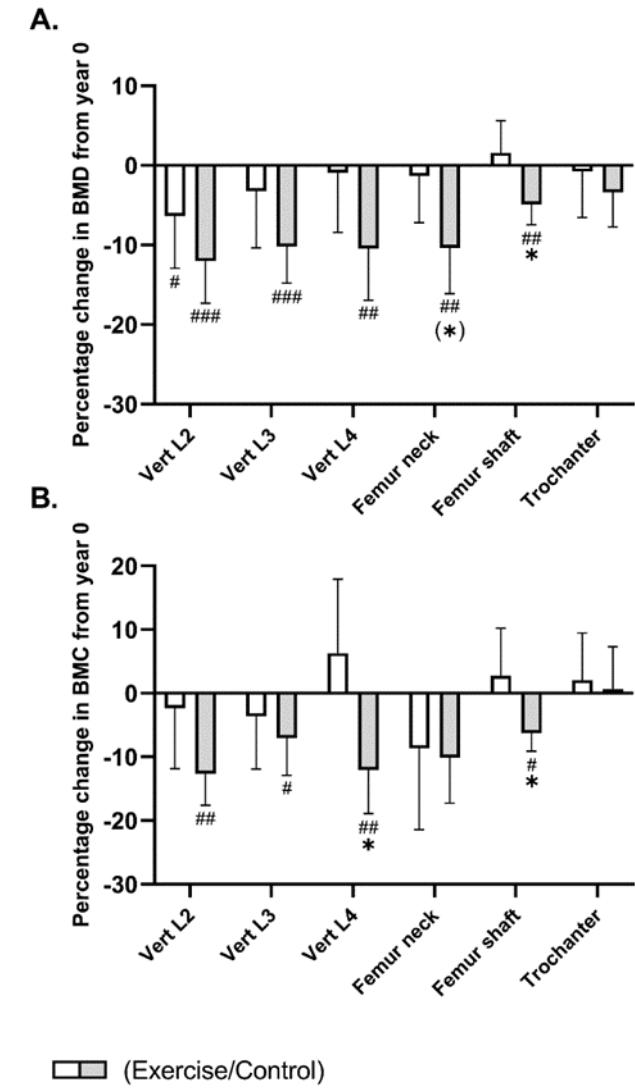
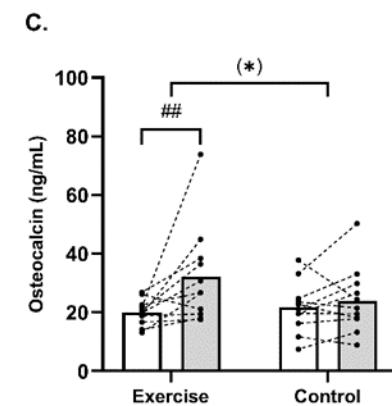
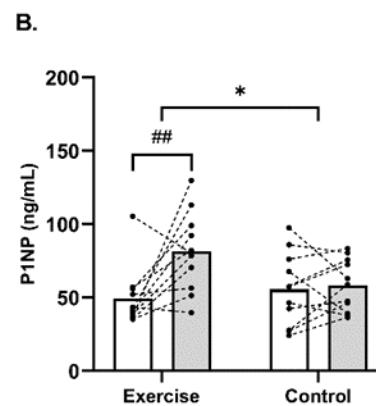
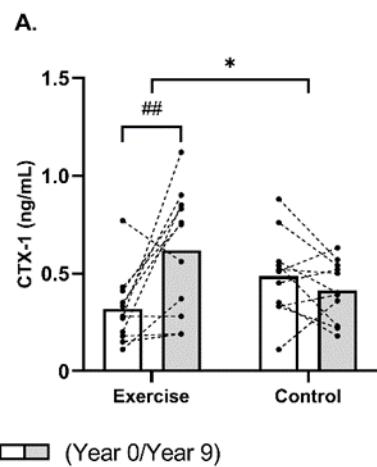
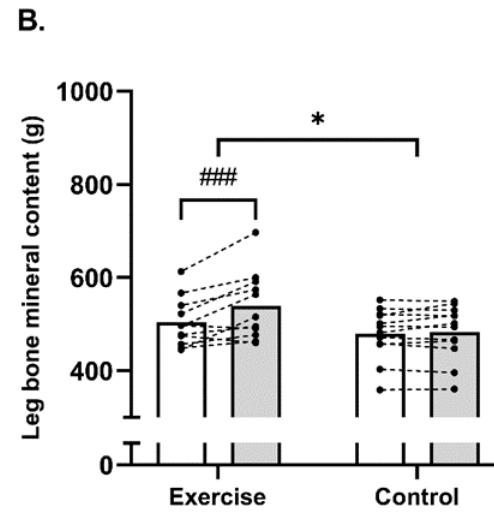
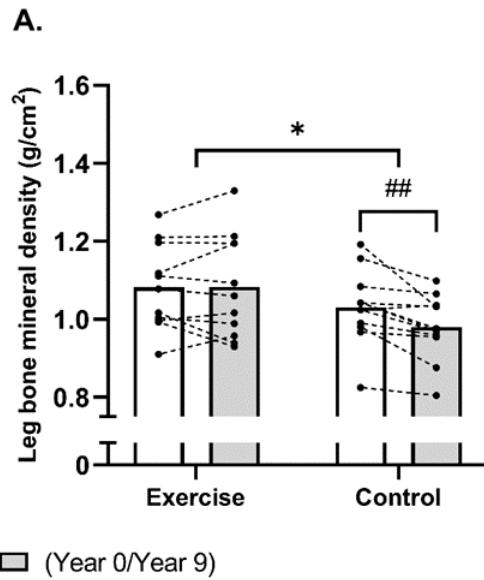








9-ára uppfylgning av SOS-kanning - beinheilsa



Matthew Hayes, Jun 170 CVS for 12-14 GMD 10 BMG 15 Jan 2010, 2010

Subject	Section	Score	Young Ad. (%)	Z-Score	Age	Gender
100	100	48	76.7	-4.8	10	Male
100	100	49	76.0	-4.9	10	Male
100	100	48	74.2	-4.8	10	Male
100	100	48	80.5	-4.8	10	Male
100	100	49	76.7	-4.8	10	Male

FINLIX



Niðurstøða

Skipað og reglulig “hybrid-venjing” (t.d. fótþoltur) er sera munadygg venjing av beingrindini. Venjingin kann steðga byrjandi beinbroyskni, sum nógvar kinnur uppliva, tá tær fara í skiftisári.

Kanningin setur eisini spurning við, hvat lívfrøðilig aldring er, og hon víssir týdningin av langtíðar-interventíonsgranskingu.

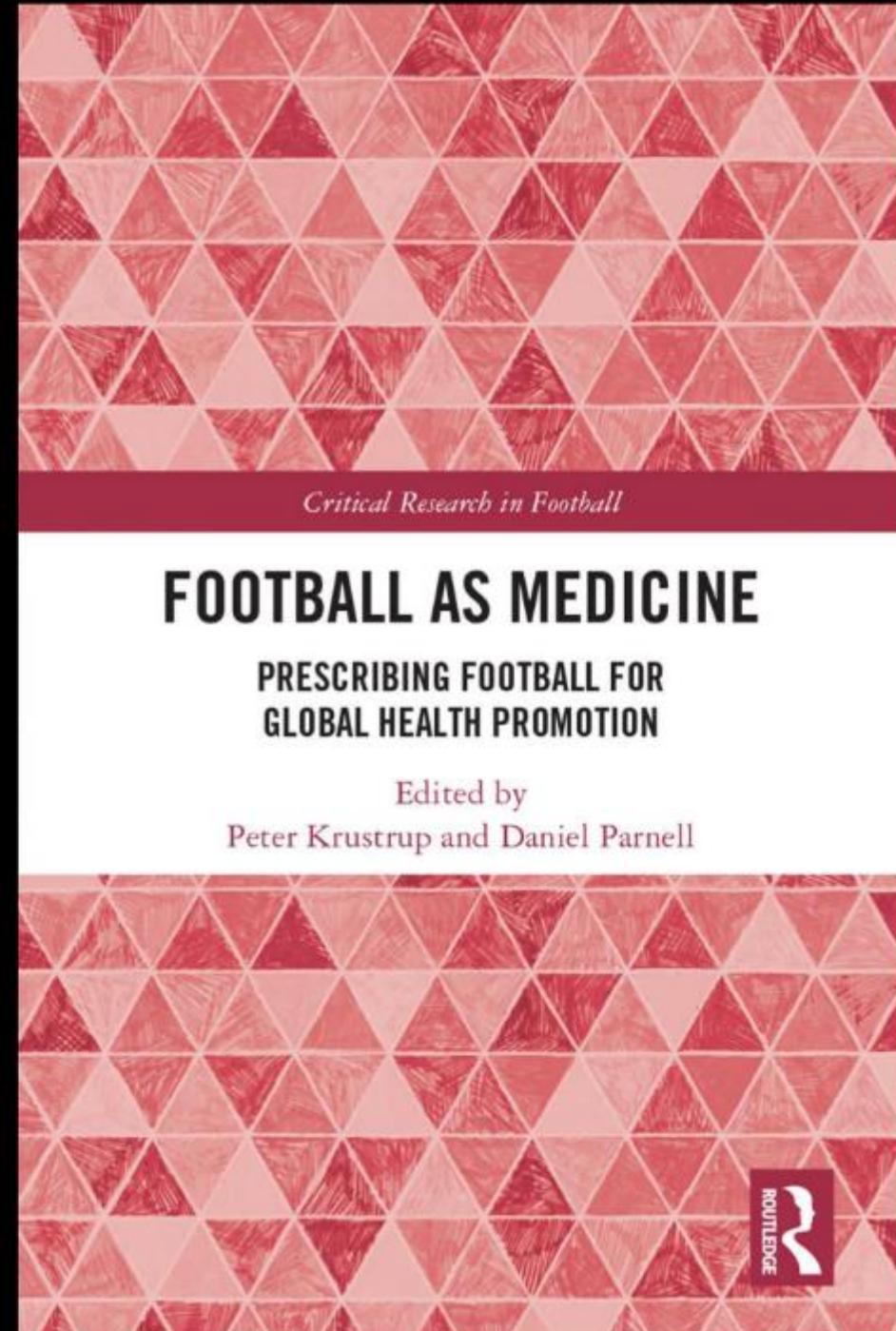
FOOTBALL IS MEDICINE



IT IS TIME
FOR PUPILS
TO PLAY

IT IS TIME
FOR PEOPLE
TO PLAY

IT IS TIME
FOR PATIENTS
TO PLAY





THANK
YOU!

