

# FUNfitness test the current status of institutionalized Intellectual Disabilities

Jong-Yiing Lii<sup>1</sup> I-Chen Yeh<sup>1</sup> Wei-Chin Hung<sup>2</sup>

<sup>1</sup> National Kaohsiung Marine University

<sup>2</sup> National Chiayi University

## Abstract

FUNfitness test the current status of institutionalized intellectual disabilities. Methods are based on the Special Olympics Sports Health FUNfitness Manual sports medical examination to detect intellectual disabilities in a workhouse Fitness. The subjects were 39 correctional institutions in a southern intellectual disabilities and found that about 26% of body weight or lean body mass is slightly lighter than the case. Secondly, the body composition values found, about 56% had body fat or obesity, the need for weight management and control; in the detection of numerical flexibility is found, shoulder, ankle and knee were higher than the average of the Special Olympics Healthy Athletes FUNfitness sports medical examination standards, means that flexibility is poor; and functional leg strength, sit-ups a minute to complete, the maximum grip strength, sitting on a palm hand pressure test, all the following criteria in the sports physical examination form, which means that strength is inadequate; one leg standing balance test is also lower than the overall standard of; six-minute walking distance after exercise overall average length is not high, cardiorespiratory fitness is also bias. Conclusion: The institutionalization of activity and intellectual disability, lack of exercise intensity, the proposed severity by impaired do not make for the institutionalization of intellectual disability, exercise prescription, with the primary caregivers assisted the implementation of long-term training, thus achieving the health benefits of exercise prescription and provide an efficient reference and reduce national health spending and social costs

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