

# Results of the application of the new fitness assessment method on the target group

## Before the training program

*Facts, Photos and Evaluation Report*  
(WP3\_D3.3)

**I.M.Health**

**ERASMUS+ Sport**

(Project No.: 101090407)

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## 1. Facts of the application of the new fitness assessment method – BEFORE the training program:

### AUSTRIA:

- ASSESSMENT:
  - BEFORE THE TRAINING PROGRAM
- TRAINING METHOD:
  - 2 BALANCE TRAININGS PER WEEK
- VENUE:
  - HTL HOLLABRUN, AUSTRIA
- PERIOD:
  - JANUARY 2024 – APRIL 2024
  - DURATION: 12-WEEK
- NUMBER OF PARTICIPANTS:
  - BEFORE ASSESSMENT: 24
- NUMBER OF TRAINERS:
  - 3

### SLOVENIA:

- ASSESSMENT:
  - BEFORE THE TRAINING PROGRAM
- TRAINING METHOD:
  - 2 WATER SKYBALL TRAININGS PER WEEK
- VENUE:
  - UNIVERSITY OF LJUBLJANA, SLOVENIA
- PERIOD:
  - FEBRUARY 2024 – MAY 2024
  - DURATION: 12-WEEK
- NUMBER OF PARTICIPANTS:
  - BEFORE ASSESSMENT: 24
- NUMBER OF TRAINERS:
  - 3
- NUMBER OF TRAININGS:
  - 24

### HUNGARY:

- ASSESSMENT:
  - BEFORE THE TRAINING PROGRAM
- TRAINING METHOD:
  - 1 BALANCE TRAINING PER WEEK
  - 1 WATER SKYBALL TRAINING PER WEEK

- VENUE:
  - VÁROSI SPORTUSZODA, SZEGED, HUNGARY
- PERIOD:
  - MARCH 2024 – JUNE 2024
  - DURATION: 12-WEEK
- NUMBER OF PARTICIPANTS:
  - BEFORE ASSESSMENT: 20
- NUMBER OF TRAINERS:
  - 3
- NUMBER OF TRAININGS:
  - 24

#### **HUNGARY CONTROLL GROUP:**

- ASSESSMENT:
  - BEFORE THE TRAINING PROGRAM
- TRAINING METHOD:
  - NO TRAINING
- VENUE:
  - NEUMANN JÁNOS SZAKKÖZÉPISKOLA, BUDAPEST, HUNGARY
- PERIOD:
  - MARCH 2024 – JUNE 2024
  - DURATION: 12-WEEK
- NUMBER OF PARTICIPANTS:
  - BEFORE ASSESSMENT: 24
- NUMBER OF TRAINERS:
  - 3
- NUMBER OF TRAININGS:
  - ONLY ASSESSMENTS

## 2. Results of the application of the new fitness assessment method – BEFORE the training program

### 2.1. World Health Organisation Quality of Life (WHOQOL-BREF)

WORLD HEALTH ORGANISATION QUALITY OF LIFE (WHOQOL-BREF)																										
		QUESTION NUMBERS																								
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<b>AUSTRIA - BEFORE</b>																										
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WORLD HEALTH ORGANISATION QUALITY OF LIFE (WHOQOL-BREF)																										
		QUESTION NUMBERS																								
Country	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	22	23	24	25	26	
TEST RESULTS (# ID number)																										
<b>SLOVENIA - BEFORE</b>																										
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WORLD HEALTH ORGANISATION QUALITY OF LIFE (WHOQOL-BREF)																										
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HUNGARY - BEFORE																										
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#21																										
#22																										
#23																										
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WORLD HEALTH ORGANISATION QUALITY OF LIFE (WHOQOL-BREF)																										
QUESTION NUMBERS																										
Country	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	22	23	24	25	26	
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## 2.2. LAPAQ TEST

LAPAQ TEST																																				
Country	QUESTION NUMBERS																																			
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<b>TEST RESULTS (# ID number)</b>																																				
<b>AUSTRIA - BEFORE</b>																																				
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LAPAQ TEST																																					
Country	QUESTION NUMBERS																																				
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<b>TEST RESULTS (# ID number)</b>																																					
<b>SLOVENIA - BEFORE</b>																																					
#1	2	2	20	60	2	1			1						2	14	10	90	2	12	5	60	10	2	2		2	0	1	2							
#2	2	2	20	60	2	1			2	6	1				2	7	1	120	2	14	14	60	5	2	14	60	2	5	60	1	3						
#3	2	2	30	15	2	2	4	20	2	2	2	2	200	1	2	17	10	45	2	14	3	60	1	2	10	30	2	4	30	2					Yoga		
#4	2	2	14	60	1	1			2	9	2	8	100	2	2	16	5	300	2	14	3	100	3	2	14	30	2	1	30	1	5						
#5	2	2	5	120	2	1			2	0	1				2	14	14	90	2	14	14	90	14	1			1		2								
#6	2	2	1	20	2	1			2	0	1				2	14	9	90	2	17	2	60	14	2	5		2	1	5	2					Water Sky		
#7	2	2	10	20	1				1						2	17	6	120	2	8	2	90	6	2	10	30	2	3	10	2					Titues		
#8	2	2	14	15	2	2	7	10	1						2	1	4	70	2	5	2	60	8	1	5	0	2	2	5	1	5					Fitness	
#9	2	2	5	30	2	1	4	40	2	5	1				2	14	8	60	2	17	13	90	5	1	0	0	2	6	30	2							
#10	2	2	15	25	2	1			2	1	2	1	90	1	2	15	10	60	1					2	4	10	1			2							
#11	2	2	5	25	1				1						2	1	11	40	2	14	2	30	2	2	12	30	2	2	45	2							
#12	2	2	16	25	1				1						2	8	2	60	1					2	7	10	1			1	3						
#13	2	2	10	30	2	1			1						2	14	10	35	1					2	4	45	1		2								
#14	2	2	7	50	1				1						2	14	5	30	1					2	3	15	1		2								
#15	2	2	1	15	1				1						2	14	2	45	1					2	6	0	2	2	20	2							
#16	2	2	3	25	2	1			1						2	2	1	70	1					2	7	0	2	1	5	2							
#17	2	2	2	10	1				2	2	1				2	9	2	90	1					2	1	20	1		2								
#18	2	2	5	10	1				1						2	9	2	60	2	12	4	15	3	2	1	0	1		2								
#19	2	2	3	15	2	2	5	10	1						2	5	3	30	1					2	2	10	1		2								
#20	2	2	7	25	2	1			1						2	14	4	45	2	15	1	30	6	2	4	50	1		2								
#21																																					
#22																																					
#23																																					
#24																																					

LAPAQ TEST																																				
Country	QUESTION NUMBERS																																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16*	17	18	19	20*	21	22	23	24	25	26	27	28	29	30	31*	*16	*20	*31		
<b>TEST RESULTS (# ID number)</b>																																				
<b>HUNGARY - BEFORE</b>																																				
#1	2	2	6	20	1				2	10	2	3	120	1	2	17	4	120	2	1	1	80	4	2	10	60	2	3	40	1					Box	
#2	2	2	14	25	1				1						2	1	4	35	1					2	14	20	1		1							
#3	2	2	40	15	1				1						2	9	3	30	2	5	2	45	3	2	14	10	2	1	10	1						
#4	2	2	14	20	1				1						2	9	2	40	1					2	2	20	2	1	15	1						
#5	2	2	14	15	1				1						1									2	4	15	2	2	20	2	1					
#6	2	2	10	30	2	2	2	120	1						2	17	5	90	1						2	3	15	1								Wrestling
#7	2	2	14	30	2	1			2	8	2	3	120	2	2	17	14	30	2	3	2	30	2	2	14	30	2	2								

LAPAQ TEST																																					
Country	QUESTION NUMBERS																																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16*	17	18	19	20*	21	22	23	24	25	26	27	28	29	30	31*	*16	*20	*31			
TEST RESULTS (# ID number)																																					
HUNGARY - CO - BEFORE																																					
#1	2	2	14	60	2	2	2	35	2	5	2	2	210	2	1										2	14	15	2	8	75	2						
#2																																					
#3	2	2	14	15	2	2	1	180	1						1										2	5	15	2	3	20	2						
#4																																					
#5	2	2	14	25	1				2	4	2	2	20	1	2	17: eq	10	105	2	14	4	60	10	2	6	10	2	2	25	2							
#6																																					
#7																																					
#8	2	2	8	30	2	2	4	210	2	8	2	9	150	2	2	5	4	70	2	14	6	120	10	2	3	3	2	1	5	2							
#9	2	2	3	15	2	1			1						2	8	2	60	2	14: te	2	60	2	2	1	5	1										
#10	2	2	2	15	2	2	2	60	1						2	15	3	60	2	8	2	45	2	2	2	10	1										
#11	2	2	8	30	2	2	3	30	1						2	1	3	60	1						2	3	20	1							1	4	
#12	2	2	15	30	1				1						2	1	5	60	1						2	14	40	2	3	30	2						
#13	2	2	14	20	1				1						2	17	12	120	1						2	10	20	2	6	15	2					Gym	
#14	2	2	2	25	20	1			1						2	17	12	60	2	14	6	60	2	2	14	10	2	14	30	2					Gym		
#15	2	2	4	10	2	1			1						2	1	15	100	2	2	10	150	10	2	7	20	2	2	30	2							
#16	2	2	10	20	2	2	3	20	1						2	14	4	40	2	1	2	30	14	2	3	13	1										
#17	2	2	50	30	2				1						2	1	3	60	1						2	14	15	2	3	20	1	2					
#18	2	2	14	10	1				1						2	15	8	120	1						2	4	15	2	1	20	2						
#19	2	2	25	15	1				1						2	9	6	40	2	17: k	6	110	10	2	3	10	1								1	3	
#20	2	2	16	35	2	2	4	40	1						2	9	3	60	1						2	3	15	1								1	3
#21	2	2	4	25	2	2	5	45	2	3	2	2	15	1	2	14	3	60	1						2	3	15	2	2	30	2	3					
#22	2	2	25	20	2	1			1						2	3	2	45	1							2	6	40	2	2	60	1	3				
#23	2	2	12	10	1				1						1										2	2	10	1									2
#24	2	2	14	15	1				2	8	1				1										1			2	2	5	2						



### 2.3. Physical Test

PHYSICAL TEST									
	QUESTION NUMBERS								
Country	1_1	1_2	1_3	2	3_1	3_2	4_1	4_2	5
TEST RESULTS (# ID number)	HR/20 sec	HR/20 sec	HR/20 sec	cm	cm	cm	sec	sec	sec
<b>AUSTRIA - BEFORE</b>									
#1	29	48	32	8	10	3	18	24	48
#2	28	45	37	-3	12	9	11	6	12
#3	26	48	34	-13	5	0	31	18	15
#4	27	44	33	0	5	3	32	5	37
#5					20	8	13		63
#6	25	46	30	15	19	23	11	14	28
#7	23	38	27	17	12	12	8	21	24
#8	26	40	27	0	12	1	23	42	120
#9	24	49	36	-3	23	7	33	20	16
#10	29	46	35	-6	26	12	4	13	15
#11	23	47	29	10	15	8	28	19	32
#12	28	45	32	-2	10	8	15	3	61
#13	25	44	36	-2	7	7	5	13	53
#14	27	49	31	-3	22	13	2	6	13
#15	26	41	32	26	26	22	10	7	48
#16	22	36	26	-8	16	10	8	4	45
#17	37	52	43	14	0	0	9	50	87
#18	41	48	44	1	12	10	5	33	90
#19	38	49	43	-3	19	19	11	25	20
#20	32	49	38	0	8	0	34	5	120
#21	23	40	32	12	13	10	3	12	21
#22	26	44	34	12	14	16	6	3	42
#23	33	49	36	13	6	4	22	29	16
#24	32	48	34	29	18	20	2	4	18

PHYSICAL TEST									
Country	QUESTION NUMBERS								
	1 1	1 2	1 3	2	3 1	3 2	4 1	4 2	5
TEST RESULTS (# ID number)	HR/20 sec	HR/20 sec	HR/20 sec	cm	cm	cm	sec	sec	sec
<b>SLOVENIA - BEFORE</b>									
#1	24	33	27	-8	12	0	60	23	18
#2	22	27	21	-9	16	15	23	13	22
#3	39	49	39	-26	0	4	56	63	120
#4	22	34	29	-2	6	11	13	43	10
#5	27	37	29	-14	15	9	10	60	120
#6	28	46	30	-28	23	22	57	49	120
#7	30	50	34	2	15	15	3	8	120
#8	26	44	38	-9	23	24	60	16	55
#9	27	35	28	2	10	10	60	60	18
#10	25	40	37	-6	0	5	10	10	60
#11	34	47	39	-5	0	5	48	43	120
#12	22	37	27	-10	20	20	5	10	40
#13	27	37	28	5	5	0	45	40	100
#14	28	37	28	-8	0	0	12	10	40
#15	30	43	36	3	10	10	60	40	15
#16	24	40	28	-2	15	10	45	60	20
#17	37	50	40	-25	8	8	20	40	100
#18	25	31	26	-6	6	5	22	30	30
#19	32	45	33	8	0	5	60	50	25
#20	30	41	34	16	5	5	45	60	30
#21	22	27	22	-18	7	6	40	60	20
#22	28	38	29	-3	10	0	15	5	100
#23									
#24									

<b>HUNGARY - BEFORE</b>									
#1	25	33	25	-4	21	19	3	10	72
#2	28	32	30	-11	9	0	3	26	17
#3	26	43	29	-8	3	0	25	16	120
#4	23	44	25	-5	0	0	27	6	40
#5	22	35	24	-9	0	0	8	18	55
#6	31	43	33	-13	6	1	10	20	60
#7	28	38	32	12	22	15	2	14	120
#8	21	41	30	-1	12	12	3	3	70
#9	28	41	30	-9	11	0	5	19	109
#10	28	45	33	-5	10	1	5	16	20
#11	29	46	35	-10	9	4	9	33	120
#12	33	44	34	-7	23	15	2	1	5
#13	36	40	36	-5	0	0	19	28	8
#14	25	41	31	-6	35	31	23	22	76
#15	37	46	41	13	13	10	16	3	20
#16	23	36	26	-19	0	5	4	8	84
#17	26	43	26	7	22	21	29	11	74
#18	28	34	27	7	25	15	12	3	40
#19	26	36	28	15	15	18	120	102	36
#20	31	42	32	-5	21	13	4	3	10
#21									
#22									
#23									
#24									

<b>HUNGARY - CO - BEFORE</b>									
#1	28	32	24	12	15	8	61	59	28
#2	19	26	19	25	14	10	8	19	8
#3	25	37	32	13	0	0	8	16	6
#4	24	36	28	-3	10	7	6	5	3
#5	28	39	30	-12	12	13	88	65	59
#6	26	38	29	22	4	2	21	77	58
#7	23	33	29	11	8	10	117	120	120
#8	27	44	32	-2	12	21	8	18	120
#9	28	36	26	25	19	16	12	17	20
#10	20	40	25	-17	0	0	10	17	21
#11	30	38	29	5	10	8	34	14	61
#12	22	29	20	13	13	7	66	28	7
#13	24	31	26	20	17	7	10	21	57
#14	25	33	24	11	35	22	53	71	5
#15	25	31	27	-7	29	24	14	82	120
#16	25	30	26	-26	13	8	4	27	84
#17	25	31	24	-5	4	0	97	120	73
#18	24	30	27	-9	19	20	22	44	57
#19	22	36	25	-5	11	9	32	20	120
#20	22	30	25	-7	11	8	109	109	29
#21	23	33	23	12	17	11	12	10	10
#22	21	34	24	19	7	11	29	14	19
#23	20	40	27	23	9	8	18	4	13
#24	24	36	22	20	12	5	43	33	12



MY TANITA																											
Country	QUESTION NUMBERS																										
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
TEST RESULTS (# ID number)																											
HUNGARY - CO - BEFORE																											
#1	79	23,6																									
#2	79	23,8																									
#3	86	22,9																									
#4	78	23,3																									
#5	91	28,4																									
#6	73	22,8																									
#7	82	23,4																									
#8	79	23,8																									
#9	86	25,7																									
#10	65	22,8																									
#11	60	21																									
#12	89	23,9																									
#13	86	23,6																									
#14	90	26																									
#15	87	25,4																									
#16	71	21,2																									
#17	81	25																									
#18	79	23,6																									
#19	89	28,1																									
#20	98	26,9																									
#21	79	22,8																									
#22	66	22,8																									
#23	65	23																									
#24	72	21,5																									

*3. Photos of the application of the new fitness assessment method – BEFORE the training program:*

**AUSTRIA**





## SLOVENIA



## HUNGARY





## HUNGARY – CONTROLL GROUP

