

3-month-long training programs organized in the 4 participant countries

Photos and Evaluation Report
(WP4_D4.5_2-3)

I.M.Health

ERASMUS+ Sport

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I. 3-MONTH-LONG TRAINING PROGRAM IN AUSTRIA:

FACTS:

- 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
 - 3-MONTH-LONG TRAINING: 22
 - AFTER ASSESSMENT: 22
- NUMBER OF TRAINERS:
 - 3
- NUMBER OF TRAININGS:
 - 24

EVALUATION:

1. How much did you enjoy the training sessions during the 12-week training program?

- 1 = I didn't enjoy the training sessions at all.
- 2 = I didn't really enjoy the training sessions.
- 3 = The training sessions were neutral for me.
- 4 = I enjoyed the training sessions.
- 5 = I really enjoyed the training sessions.

- **Result (average): 3,5**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 12
- Number of participants who marked "4": 8
- Number of participants who marked "5": 2

2. How difficult were the training sessions physically?

- 1 = the training sessions were physically very easy for me.
- 2 = the training sessions were physically easy for me.
- 3 = the training sessions were neutral for me in terms of physical difficulty

4 = sometimes the training sessions were difficult for me.

5 = most of the time the training sessions were difficult for me.

- **Result (average): 3,9**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 2
- Number of participants who marked "3": 4
- Number of participants who marked "4": 11
- Number of participants who marked "5": 5

3. How challenging were the training sessions mentally?

1 = The training sessions were not challenging for me at all mentally.

2 = The training sessions were not challenging for me mentally.

3 = The training sessions were neutral for me mentally.

4 = Sometimes the training sessions were mentally challenging for me.

5 = Most of the time training sessions were challenging for me mentally.

- **Result (average): 4,1**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 8
- Number of participants who marked "4": 10
- Number of participants who marked "5": 4

4. What effect did you experience on your physical condition thanks to the 12-week training program?

1 = I experienced a significant negative effect, e.g. I got injured, weakened, gained weight, became less flexible

2 = I experienced a negative effect, e.g. I got injured, weakened, gained weight, became less flexible

3 = It was neutral, I didn't experience any particular changes in my body.

4 = I experienced a positive effect, e.g. a previous complaint/injury got better, I got stronger, lost weight, slimmed down, became more flexible

5 = I experienced a significant positive effect, e.g. a previous complaint/injury got, I got stronger, lost weight, slimmed down, became more flexible

- **Result (average): 4,2**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 2
- Number of participants who marked "4": 15
- Number of participants who marked "5": 5

5. What effect did you experience on your mental health thanks to the 12-week training program?

- 1) I experienced a significant negative effect, e.g. I felt worse, I slept worse, it was more difficult for me to concentrate during my everyday life, my spatial vision/orientation worsened, it was more difficult for me to understand others, it was more difficult for me to understand myself with others
- 2) I experienced a negative effect, e.g. I felt worse, I slept worse, it was more difficult for me to concentrate during my everyday life, my spatial vision/orientation worsened, it was more difficult for me to understand others, it was more difficult for me to understand myself with others
- 3) It was neutral, I didn't experience any particular change in my mental health.
- 4) I experienced a positive effect, e.g. I felt better, I slept better, I could concentrate more easily during my everyday life, my spatial vision/orientation improved, I understood others more easily, I understood myself more easily with others
- 5) I experienced a significant positive effect, e.g. I felt better, I slept better, I could concentrate more easily during my everyday life, my spatial vision/orientation improved, I understood others more easily, I understood myself more easily with others

Result (average): 4,0

- Number of participants who marked "1": 0
- Number of participants who marked "2": 1
- Number of participants who marked "3": 0
- Number of participants who marked "4": 20
- Number of participants who marked "5": 1

6. Would you continue the training sessions in the future?

- 1 = No
2 = Yes, occasionally
3 = Yes, regularly

Result (average): 2,1

- Number of participants who marked "1": 0
- Number of participants who marked "2": 20
- Number of participants who marked "3": 2

7. Would you like it if the workouts of the training program were part of physical education classes?

- 1 = No
2 = Yes, occasionally
3 = Yes, regularly

Result (average): 2,2

- Number of participants who marked "1": 0
- Number of participants who marked "2": 17
- Number of participants who marked "3": 5

PHOTOS
3-MONTH-LONG TRAINING PROGRAM IN AUSTRIA









II. 3-MONTH-LONG TRAINING PROGRAM IN SLOVENIA:

FACTS:

- 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
 - 3-MONTH-LONG TRAINING: 20
 - AFTER ASSESSMENT: 20
- NUMBER OF TRAINERS:
 - 3
- NUMBER OF TRAININGS:
 - 24

EVALUATION:

1. How much did you enjoy the training sessions during the 12-week training program?

- 1 = I didn't enjoy the training sessions at all.
- 2 = I didn't really enjoy the training sessions.
- 3 = The training sessions were neutral for me.
- 4 = I enjoyed the training sessions.
- 5 = I really enjoyed the training sessions.

- **Result (average): 4,3**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 0
- Number of participants who marked "4": 14
- Number of participants who marked "5": 6

2. How difficult were the training sessions physically?

- 1 = the training sessions were physically very easy for me.
- 2 = the training sessions were physically easy for me.
- 3 = the training sessions were neutral for me in terms of physical difficulty

4 = sometimes the training sessions were difficult for me.

5 = most of the time the training sessions were difficult for me.

- **Result (average): 3,6**
 - Number of participants who marked “1”: 0
 - Number of participants who marked “2”: 0
 - Number of participants who marked “3”: 9
 - Number of participants who marked “4”: 11
 - Number of participants who marked “5”: 0

3. How challenging were the training sessions mentally?

1 = The training sessions were not challenging for me at all mentally.

2 = The training sessions were not challenging for me mentally.

3 = The training sessions were neutral for me mentally.

4 = Sometimes the training sessions were mentally challenging for me.

5 = Most of the time training sessions were challenging for me mentally.

- **Result (average): 4,1**
 - Number of participants who marked “1”: 0
 - Number of participants who marked “2”: 0
 - Number of participants who marked “3”: 2
 - Number of participants who marked “4”: 14
 - Number of participants who marked “5”: 4

4. What effect did you experience on your physical condition thanks to the 12-week training program?

1 = I experienced a significant negative effect, e.g. I got injured, weakened, gained weight, became less flexible

2 = I experienced a negative effect, e.g. I got injured, weakened, gained weight, became less flexible

3 = It was neutral, I didn't experience any particular changes in my body.

4 = I experienced a positive effect, e.g. a previous complaint/injury got better, I got stronger, lost weight, slimmed down, became more flexible

5 = I experienced a significant positive effect, e.g. a previous complaint/injury got better, I got stronger, lost weight, slimmed down, became more flexible

- **Result (average): 4,2**
 - Number of participants who marked “1”: 0
 - Number of participants who marked “2”: 0
 - Number of participants who marked “3”: 4
 - Number of participants who marked “4”: 8
 - Number of participants who marked “5”: 8

5. What effect did you experience on your mental health thanks to the 12-week training program?

- 6) I experienced a significant negative effect, e.g. I felt worse, I slept worse, it was more difficult for me to concentrate during my everyday life, my spatial vision/orientation worsened, it was more difficult for me to understand others, it was more difficult for me to understand myself with others
- 7) I experienced a negative effect, e.g. I felt worse, I slept worse, it was more difficult for me to concentrate during my everyday life, my spatial vision/orientation worsened, it was more difficult for me to understand others, it was more difficult for me to understand myself with others
- 8) It was neutral, I didn't experience any particular change in my mental health.
- 9) I experienced a positive effect, e.g. I felt better, I slept better, I could concentrate more easily during my everyday life, my spatial vision/orientation improved, I understood others more easily, I understood myself more easily with others
- 10) I experienced a significant positive effect, e.g. I felt better, I slept better, I could concentrate more easily during my everyday life, my spatial vision/orientation improved, I understood others more easily, I understood myself more easily with others

Result (average): 4,3

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 0
- Number of participants who marked "4": 15
- Number of participants who marked "5": 5

6. Would you continue the training sessions in the future?

- 1 = No
- 2 = Yes, occasionally
- 3 = Yes, regularly

Result (average): 2,3

- Number of participants who marked "1": 0
- Number of participants who marked "2": 14
- Number of participants who marked "3": 6

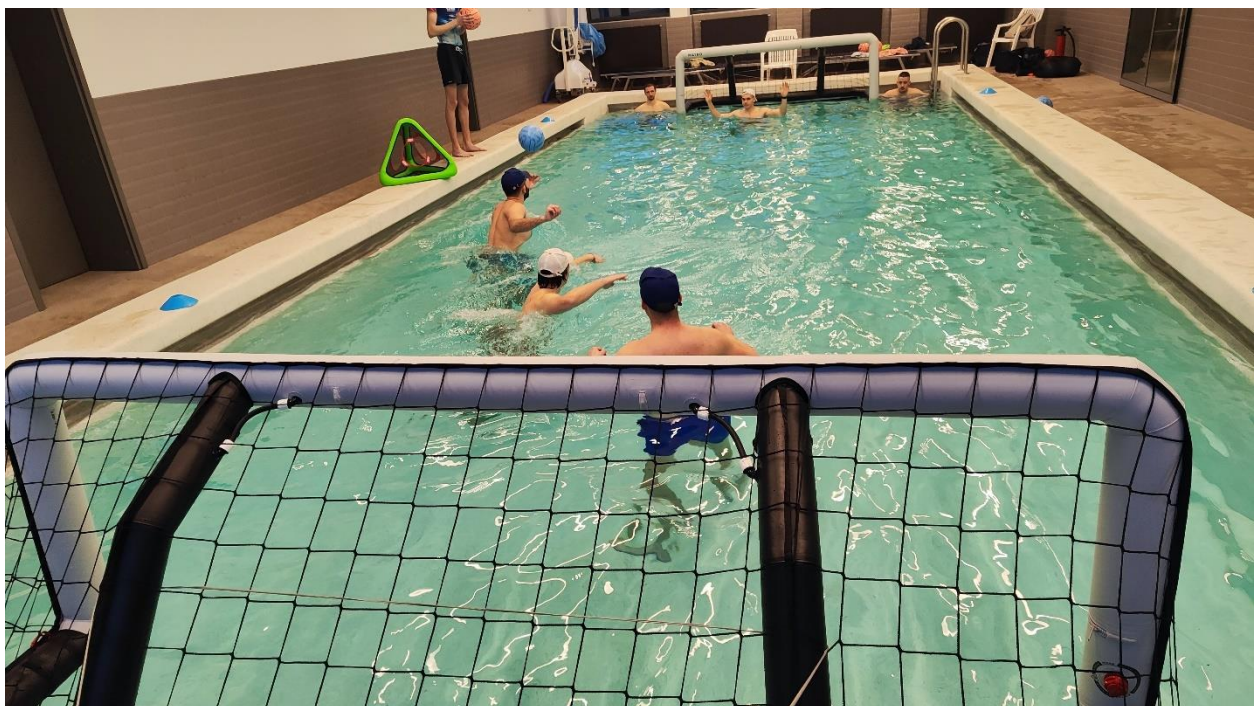
7. Would you like it if the workouts of the training program were part of physical education classes?

- 1 = No
- 2 = Yes, occasionally
- 3 = Yes, regularly

Result (average): 2,4

- Number of participants who marked "1": 0
- Number of participants who marked "2": 13
- Number of participants who marked "3": 7

PHOTOS
3-MONTH-LONG TRAINING PROGRAM IN SLOVENIA









III. 3-MONTH-LONG TRAINING PROGRAM IN HUNGARY:

FACTS:

- 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
 - 3-MONTH-LONG TRAINING: 20
 - AFTER ASSESSMENT: 20
- NUMBER OF TRAINERS:
 - 3
- NUMBER OF TRAININGS:
 - 24

EVALUATION:

1. How much did you enjoy the training sessions during the 12-week training program?

- 1 = I didn't enjoy the training sessions at all.
- 2 = I didn't really enjoy the training sessions.
- 3 = The training sessions were neutral for me.
- 4 = I enjoyed the training sessions.
- 5 = I really enjoyed the training sessions.

- **Result (average): 4,8**
 - Number of participants who marked "1": 0
 - Number of participants who marked "2": 0
 - Number of participants who marked "3": 0
 - Number of participants who marked "4": 4
 - Number of participants who marked "5": 16

2. How difficult were the training sessions physically?

- 1 = the training sessions were physically very easy for me.
- 2 = the training sessions were physically easy for me.
- 3 = the training sessions were neutral for me in terms of physical difficulty

4 = sometimes the training sessions were difficult for me.

5 = most of the time the training sessions were difficult for me.

- **Result (average): 3,5**

- Number of participants who marked "1": 1
- Number of participants who marked "2": 1
- Number of participants who marked "3": 6
- Number of participants who marked "4": 12
- Number of participants who marked "5": 0

3. How challenging were the training sessions mentally?

1 = The training sessions were not challenging for me at all mentally.

2 = The training sessions were not challenging for me mentally.

3 = The training sessions were neutral for me mentally.

4 = Sometimes the training sessions were mentally challenging for me.

5 = Most of the time training sessions were challenging for me mentally.

- **Result (average): 4,4**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 8
- Number of participants who marked "4": 10
- Number of participants who marked "5": 4

4. What effect did you experience on your physical condition thanks to the 12-week training program?

1 = I experienced a significant negative effect, e.g. I got injured, weakened, gained weight, became less flexible

2 = I experienced a negative effect, e.g. I got injured, weakened, gained weight, became less flexible

3 = It was neutral, I didn't experience any particular changes in my body.

4 = I experienced a positive effect, e.g. a previous complaint/injury got better, I got stronger, lost weight, slimmed down, became more flexible

5 = I experienced a significant positive effect, e.g. a previous complaint/injury got, I got stronger, lost weight, slimmed down, became more flexible

- **Result (average): 4,5**

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 2
- Number of participants who marked "4": 7
- Number of participants who marked "5": 11

5. What effect did you experience on your mental health thanks to the 12-week training program?

- 1) I experienced a significant negative effect, e.g. I felt worse, I slept worse, it was more difficult for me to concentrate during my everyday life, my spatial vision/orientation worsened, it was more difficult for me to understand others, it was more difficult for me to understand myself with others
- 2) I experienced a negative effect, e.g. I felt worse, I slept worse, it was more difficult for me to concentrate during my everyday life, my spatial vision/orientation worsened, it was more difficult for me to understand others, it was more difficult for me to understand myself with others
- 3) It was neutral, I didn't experience any particular change in my mental health.
- 4) I experienced a positive effect, e.g. I felt better, I slept better, I could concentrate more easily during my everyday life, my spatial vision/orientation improved, I understood others more easily, I understood myself more easily with others
- 5) I experienced a significant positive effect, e.g. I felt better, I slept better, I could concentrate more easily during my everyday life, my spatial vision/orientation improved, I understood others more easily, I understood myself more easily with others

Result (average): 4,5

- Number of participants who marked "1": 0
- Number of participants who marked "2": 0
- Number of participants who marked "3": 0
- Number of participants who marked "4": 10
- Number of participants who marked "5": 10

6. Would you continue the training sessions in the future?

- 1 = No
- 2 = Yes, occasionally
- 3 = Yes, regularly

Result (average): 2,7

- Number of participants who marked "1": 0
- Number of participants who marked "2": 7
- Number of participants who marked "3": 13

7. Would you like it if the workouts of the training program were part of physical education classes?

- 1 = No
- 2 = Yes, occasionally
- 3 = Yes, regularly

Result (average): 2,6

- Number of participants who marked "1": 0
- Number of participants who marked "2": 8
- Number of participants who marked "3": 12

PHOTOS
3-MONTH-LONG TRAINING PROGRAM IN HUNGARY





IV. 3-MONTH-LONG TRAINING PROGRAM IN HUNGARY – CONTROLL GROUP:

FACTS:

- TRAINING METHOD:
 - NO TRAINING
- VENUE:
 - NEUMANN JÁNOS SZAKKÖZÉPISKOLA, BUDAPEST, HUNGARY
- PERIOD:
 - MARCH 2024 – JUNE 2024
 - DURATION: 12-WEEK
- NUMBER OF PARTICIPANTS:
 - BEFORE ASSESSMENT: 24
 - 3-MONTH-LONG TRAINING: NO TRAINING
 - AFTER ASSESSMENT: 23
- NUMBER OF TRAINERS:
 - 3
- NUMBER OF TRAININGS:
 - ONLY ASSESSMENT

PHOTOS

3-MONTH-LONG TRAINING PROGRAM IN HUNGARY – CONTROLL GROUP

