

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

After the training program

Facts, Photos and Evaluation Report
(WP4_D4.6)

I.M.Health

ERASMUS+ Sport

(Project No.: 101090407)

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

AUSTRIA:

- ASSESSMENT:
 - AFTER THE TRAINING PROGRAM
- TRAINING METHOD:
 - 2 BALANCE TRAININGS PER WEEK
- VENUE:
 - HTL HOLLABRUN, AUSTRIA
- DATE:
 - APRIL 2024
- NUMBER OF PARTICIPANTS:
 - AFTER ASSESSMENT: 22
- NUMBER OF TRAINERS:
 - 4

SLOVENIA:

- ASSESSMENT:
 - AFTER THE TRAINING PROGRAM
- TRAINING METHOD:
 - 2 WATER SKYBALL TRAININGS PER WEEK
- VENUE:
 - UNIVERSITY OF LJUBLJANA, SLOVENIA
- DATE:
 - MAY 2024
- NUMBER OF PARTICIPANTS:
 - AFTER ASSESSMENT: 20
- NUMBER OF TRAINERS:
 - 34

HUNGARY:

- ASSESSMENT:
 - AFTER THE TRAINING PROGRAM
- TRAINING METHOD:
 - 1 BALANCE TRAINING PER WEEK
 - 1 WATER SKYBALL TRAINING PER WEEK
- VENUE:
 - VÁROSI SPORTUSZODA, SZEGED, HUNGARY
- DATE:
 - JUNE 2024

- DURATION: 12-WEEK
- NUMBER OF PARTICIPANTS:
 - AFTER ASSESSMENT: 20
- NUMBER OF TRAINERS:
 - 3

HUNGARY CONTROLL GROUP:

- ASSESSMENT:
 - AFTER THE TRAINING PROGRAM
- TRAINING METHOD:
 - NO TRAINING
- VENUE:
 - NEUMANN JÁNOS SZAKKÖZÉPISKOLA, BUDAPEST, HUNGARY
- DATE:
 - JUNE 2024
- NUMBER OF PARTICIPANTS:
 - AFTER ASSESSMENT: 24
- NUMBER OF TRAINERS:
 - 3

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

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

WORLD HEALTH ORGANISATION QUALITY OF LIFE (WHOQOL-BREF)																										
Country	QUESTION NUMBERS																									
	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)																										
AUSTRIA - AFTER																										
#1	4	5	2	1	1	4	4	5	4	3	4	5	4	4	3	3	4	4	4	4	4	4	4	3	2	
#2	4	5	1	1	4	4	4	5	5	2	4	4	5	5	5	1	4	5	4	5	5	5	5	4	1	
#3	4	4	1	1	3	4	3	4	4	4	4	4	4	3	4	4	5	3	4	5	4	5	4	5	3	
#4	4	4	1	1	4	5	3	3	5	4	3	4	5	5	5	2	4	4	4	4	3	5	4	3	2	
#5																										
#6	5	4	1	1	4	5	4	5	5	5	5	5	5	4	5	3	5	4	5	5	5	3	5	5	1	
#7																										
#8	4	4	3	1	4	3	4	4	4	4	3	4	4	4	4	4	4	4	3	3	3	4	4	4	3	
#9	5	3	1	1	4	5	4	5	5	4	4	4	5	5	5	3	5	5	5	5	5	5	5	5	2	
#10	4	4	3	1	4	4	3	4	4	4	3	4	4	4	5	3	4	2	3	4	3	5	5	4	2	
#11	4	3	1	1	4	4	4	5	5	3	3	4	5	4	4	3	4	3	3	4	4	4	5	4	2	
#12	4	2	1	1	4	2	3	4	3	2	3	5	4	5	4	5	4	2	2	4	4	4	4	4	3	
#13	4	4	1	1	3	4	4	4	4	3	4	4	4	4	3	3	4	4	4	4	3	4	4	3	2	
#14	5	3	1	1	4	5	5	5	5	5	3	4	5	2	5	5	5	5	5	5	5	3	5	5	2	
#15	5	5	1	1	4	5	4	5	4	5	5	4	5	3	5	3	5	4	4	4	4	5	5	5	2	
#16	3	4	2	2	3	3	2	3	4	4	3	2	4	4	4	2	4	1	2	1	4	4	4	2	2	
#17	4	3	1	1	4	4	3	4	5	3	4	5	4	4	5	5	3	3	3	2	4	5	5	2	2	
#18	5	5	1	2	4	4	4	4	2	5	4	4	4	4	3	4	4	4	4	4	4	3	4	3	1	
#19	4	3	2	2	4	4	3	4	4	4	3	3	4	3	4	3	4	3	4	3	3	4	4	3	2	
#20	4	5	1	1	4	4	4	4	4	4	5	5	5	5	2	5	5	4	5	4	5	5	5	4		
#21	3	3	1	1	4	4	4	4	5	4	3	4	4	3	5	4	5	4	3	3	3	4	5	5	2	
#22	2	3	1	1	4	5	4	4	5	4	5	2	4	3	4	4	4	4	4	4	5	3	4	2		
#23	3	1	4	1	3	3	3	3	4	3	4	1	2	2	2	1	2	2	3	3	4	1	2	3	4	
#24	2	3	1	1	4	2	2	5	5	4	2	1	5	4	5	3	4	1	3	2	4	3	5	5	4	

WORLD HEALTH ORGANISATION QUALITY OF LIFE (WHOQOL-BREF)																										
Country	QUESTION NUMBERS																									
	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)																										
SLOVENIA - AFTER																										
#1	5	4	1	2	5	4	2	3	2	4	5	5	5	4	5	5	4	4	4	5	4	1	4	3	2	
#2	4	4	1	1	5	5	3	3	2	4	4	5	3	1	1	4	4	3	4	4	3	1	5	1	2	
#3	4	5	1	2	5	5	3	3	4	5	4	5	1	1	3	4	5	4	5	5	3	3	1	2		
#4	2	3	1	1	5	5	3	5	4	5	4	4	5	4	3	3	4	4	4	5	3	5	4	2		
#5	5	5	2	1	5	5	4	4	4	4	5	3	5	5	3	4	5	5	4	5	5	4	3	4	2	
#6	4	4	1	2	5	3	3	2	4	4	5	5	5	4	4	3	4	5	4	5	4	5	4	2		
#7	3	3	2	1	5	5	3	3	3	4	4	5	2	2	3	4	4	5	3	5	2	5	3	2		
#8	4	3	1	2	4	2	2	4	3	3	4	3	3	3	4	3	4	5	4	5	4	4	5	4	2	
#9	5	4	1	1	5	4	3	3	4	4	5	4	5	2	3	5	5	4	4	4	4	3	4	4	3	
#10	4	4	2	2	4	4	3	4	2	3	4	3	3	5	3	3	4	3	3	4	3	4	4	5	1	
#11	4	4	2	1	3	3	5	4	2	4	4	4	3	5	5	4	4	4	3	3	4	4	3	3	2	
#12	3	4	1	2	3	2	3	3	2	3	4	3	4	2	5	3	4	3	3	4	3	2	4	3	2	
#13	4	5	2	1	3	3	4	5	5	5	3	3	3	5	5	4	5	3	4	3	2	4	2	3	1	
#14	4	3	1	2	3	2	3	2	5	3	3	3	3	3	4	3	4	5	4	3	3	3	3	1		
#15	3	4	2	2	4	4	3	3	4	2	4	4	3	4	3	4	4	4	4	4	4	4	4	4	1	
#16	5	5	1	1	3	4	3	3	4	4	5	4	4	5	5	5	5	5	4	3	4	2	4	5	1	
#17	4	2	2	2	4	4	5	3	2	3	4	4	3	3	4	4	5	3	4	4	4	3	4	2	2	
#18	3	2	1	1	4	3	2	3	2	5	4	4	4	1	2	3	4	4	4	3	4	5	4	3	2	
#19	3	3	1	1	3	4	3	3	3	3	4	3	4	3	5	3	4	4	3	4	4	3	4	3	2	
#20	3	4	1	2	4	4	3	2	2	3	4	4	4	5	4	3	4	4	3	4	4	5	4	3	3	
#21																										
#22																										
#23																										
#24																										

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)																										
HUNGARY - AFTER																										
#1	4	5	3	1	4	4	3	4	3	5	4	4	3	4	5	4	5	4	4	4	4	4	3	5	2	
#2	4	3	1	1	3	4	3	4	4	3	4	4	5	4	5	3	3	4	3	4	5	4	4	4	3	
#3	4	4	1	1	4	4	3	5	4	4	3	4	5	4	5	4	3	3	3	5	5	5	4	4	4	
#4	4	4	1	1	4	4	4	4	4	4	3	3	4	3	5	3	4	4	3	4	5	4	4	4	4	
#5	4	4	1	1	4	5	4	5	4	4	5	5	5	4	5	4	4	4	5	4	4	4	3	5	2	
#6	4	4	1	1	4	4	3	4	4	4	3	4	4	4	5	4	4	4	4	5	3	4	4	4	2	
#7	4	3	2	1	4	4	5	4	3	4	3	4	4	3	5	4	4	5	3	4	4	5	4	4	2	
#8	4	4	2	1	4	4	3	4	4	4	4	4	4	4	5	3	4	3	4	5	5	5	3	4	2	
#9	4	4	1	1	4	3	2	3	3	4	5	4	4	4	5	4	4	3	3	3	4	4	2	4	3	
#10	4	4	1	1	4	4	3	4	4	4	4	4	5	4	4	5	4	4	4	4	4	5	4	4	2	
#11	4	4	1	1	3	3	4	4	4	3	4	4	5	5	3	4	5	4	3	4	4	4	4	5	2	
#12	5	4	1	1	4	4	4	5	5	4	4	4	5	5	5	4	4	4	4	4	5	4	3	5	2	
#13	4	4	1	1	5	4	3	5	4	4	5	4	5	3	4	2	3	4	4	4	5	4	3	5	1	
#14	4	4	1	1	5	5	5	5	5	4	4	4	5	5	5	4	5	5	4	4	4	5	5	5	2	
#15	4	3	1	1	4	5	4	4	4	3	4	4	4	5	3	4	4	4	4	4	3	4	3	4	1	
#16	5	4	1	2	4	3	3	5	4	4	3	4	5	4	5	3	4	3	4	4	5	2	4	5	2	
#17	5	4	1	2	5	5	4	4	5	4	5	4	5	4	4	5	4	5	5	5	5	5	3	5	2	
#18	4	5	1	1	4	4	4	4	4	4	3	4	4	4	5	4	4	4	4	5	3	4	4	5	2	
#19	5	4	1	2	5	4	4	4	3	4	3	4	4	4	4	4	4	4	3	5	5	4	4	4	1	
#20	5	4	1	1	4	5	5	5	5	4	4	4	5	4	5	5	4	4	4	4	5	4	3	5	2	
#21																										
#22																										
#23																										
#24																										

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)																										
HUNGARY - CO - AFTER																										
#1	4	4	1	1	5	4	4	4	4	4	4	2	3	4	4	4	4	4	4	4	3	4	2	2	2	
#2	5	4	1	1	4	4	4	4	4	4	4	4	3	4	5	4	4	4	4	4	4	4	2	4	2	
#3	5	5	1	1	4	3	4	4	4	4	4	3	4	5	4	4	3	3	4	4	4	2	4	2		
#4	4	4	3	4	3	4	4	4	3	4	4	4	4	4	2	4	3	3	4	3	4	2	3	2		
#5	5	4	4	4	4	4	4	4	4	3	4	3	4	3	4	5	5	5	4	4	3	3	4	5	2	
#6	4	5	4	4	4	4	3	4	4	4	4	4	4	4	5	3	4	4	4	3	4	4	2	3	2	
#7	3	2	1	1	4	3	4	3	3	3	3	4	3	3	4	3	3	3	2	4	3	3	2	3	2	
#8	4	4	2	1	4	5	4	3	3	4	5	4	4	3	4	3	4	4	5	5	4	4	3	4	3	
#9	4	4	1	1	5	3	3	2	4	4	4	2	5	4	5	4	4	3	4	4	4	2	3	3	3	
#10	4	4	3	1	4	4	5	4	4	3	4	2	5	4	5	2	4	4	5	5	4	4	4	4	2	
#11	5	5	1	1	4	4	4	5	4	4	4	3	4	3	5	5	4	5	4	4	5	4	5	4	3	
#12	5	4	1	1	4	4	4	5	4	4	4	4	5	4	5	3	4	4	4	4	4	4	2	5	2	
#13	4	5	1	1	4	3	4	5	4	5	5	5	4	5	5	3	5	5	5	3	3	5	4	4	2	
#14	5	4	1	1	3	4	4	3	4	4	4	5	5	4	5	3	4	4	3	4	3	5	4	5	3	
#15	4	5	1	1	5	4	4	4	5	3	4	4	3	4	5	4	4	4	4	5	3	3	3	3	2	
#16	5	5	2	1	5	4	4	5	3	5	5	4	4	5	5	5	5	5	5	4	3	5	2	4	1	
#17	5	4	1	1	4	4	2	3	1	3	4	4	5	3	5	2	4	5	4	2	3	4	1	5	3	
#18	4	4	1	1	4	5	4	3	5	4	4	5	4	5	4	5	4	4	4	4	3	5	3	5	3	
#19	4	3	2	1	5	3	4	4	3	5	4	5	5	3	5	3	4	4	4	5	5	4	5	5	3	
#20	3	4	1	1	3	4	4	3	4	3	4	5	5	2	5	5	4	4	3	2	3	4	5	4	4	
#21	4	4	3	1	3	4	5	5	4	3	4	4	3	5	5	3	4	4	4	4	2	4	4	4	3	
#22	4	3	1	3	4	4	4	4	4	4	4	4	4	5	5	4	5	5	5	5	3	4	2	5	2	
#23	4	5	3	1	3	4	3	3	4	3	4	3	4	4	4	3	5	4	4	4	3	4	2	3	2	
#24																										

2.3. Physical Test

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
AUSTRIA - AFTER									
#1	26	38	28	3	6	4	18	27	120
#2	26	42	31	-11	5	4	13	13	120
#3	25	45	29	-23	3	0	36	76	26
#4	25	42	30	-10	4	3	24	4	120
#5									
#6	24	44	27	13	15	22	33	5	51
#7									
#8	25	38	25	-9	0	1	56	40	112
#9	23	45	33	-10	16	0	30	26	20
#10	28	44	33	-10	24	12	3	26	25
#11	23	46	28	-2	9	5	22	17	48
#12	27	46	30	-14	7	4	10	7	111
#13	24	45	35	-8	2	7	22	13	55
#14	24	47	29	-5	18	10	4	11	14
#15	24	40	31	24	25	19	9	7	53
#16	23	35	25	-9	10	0	8	10	51
#17	37	51	41	-8	0	0	14	55	120
#18	40	49	42	-2	10	7	8	43	120
#19	39	49	40	-16	19	14	15	22	85
#20	32	49	37	0	2	0	32	11	120
#21	24	43	31	1	13	10	11	10	27
#22	26	42	32	0	14	13	3	42	45
#23	32	49	38	13	3	0	20	33	18
#24	33	49	39	23	18	16	19	8	22

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
SLOVENIA - AFTER									
#1	23	29	23	-9	12	0	65	25	22
#2	22	27	21	-9	15	15	30	15	24
#3	29	39	32	-25	0	5	72	65	120
#4	22	33	28	-4	5	11	15	60	15
#5	27	36	27	-15	15	10	27	78	120
#6	28	45	28	-30	22	22	77	59	120
#7	31	48	35	0	15	16	5	10	120
#8	26	43	37	-10	23	23	86	43	59
#9	27	30	27	1	11	10	110	95	21
#10	25	39	33	-7	0	5	17	20	62
#11	33	45	37	-5	0	5	66	45	114
#12	22	33	24	-10	22	21	10	15	42
#13	25	33	27	5	4	1	77	45	105
#14	28	35	28	-10	0	0	15	18	61
#15	30	40	35	5	10	8	88	52	20
#16	25	37	28	-5	15	10	55	72	22
#17	35	48	35	-25	8	7	29	45	120
#18	23	27	25	-5	5	6	25	35	42
#19	32	43	31	5	0	5	76	67	30
#20	30	37	30	15	5	6	44	45	39
#21									
#22									
#23									
#24									

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
HUNGARY - AFTER									
#1	22	31	22	-5	19	17	45	28	120
#2	29	34	27	-13	8	0	19	25	19
#3	24	38	25	-14	0	0	19	26	105
#4	22	41	24	-13	0	0	15	20	50
#5	25	30	28	-11	0	0	27	15	58
#6	30	40	31	-16	6	0	12	27	86
#7	21	33	23	5	20	13	9	17	120
#8	20	41	25	-7	10	8	3	4	88
#9	29	41	28	-17	9	0	8	22	120
#10	26	32	27	-12	10	0	68	120	34
#11	23	45	31	-15	7	2	30	82	120
#12	21	34	24	-14	18	10	2	3	32
#13	29	33	29	-8	0	0	12	38	120
#14	23	37	25	-4	30	29	13	66	120
#15	24	33	25	0	11	5	120	30	120
#16	26	40	27	-22	0	0	10	64	89
#17	28	42	28	-20	6	0	120	120	82
#18	26	32	25	3	20	10	32	25	64
#19	25	35	26	5	11	16	101	120	42
#20	28	38	29	-8	14	5	28	25	58
#21									
#22									
#23									
#24									

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
HUNGARY - CO - AFTER									
#1	27	37	29	9	8	3	70	33	8
#2	16	30	20	26	10	11	28	45	2
#3	26	42	33	28	10	0	11	8	61
#4	25	35	28	0	10	6	41	9	8
#5	29	39	26	-12	14	13	120	107	61
#6	28	41	33	25	0	0	120	34	30
#7									
#8	26	42	30	-6	13	18	15	12	56
#9	27	41	27	25	20	18	3	56	54
#10	22	40	24	-13	0	0	7	12	43
#11	30	44	33	7	8	6	8	12	64
#12	21	37	22	5	17	8	5	17	65
#13	27	43	29	14	18	7	4	20	65
#14	22	38	25	11	36	23	34	60	22
#15	24	33	27	-10	31	24	77	90	95
#16	27	38	28	-20	14	11	21	61	90
#17	30	40	31	-9	4	0	55	83	27
#18	26	36	30	-10	21	16	65	40	108
#19	26	45	32	-3	9	10	73	21	120
#20	25	40	36	-6	8	12	39	10	25
#21	24	36	29	12	15	13	20	14	7
#22	27	42	29	19	11	14	11	21	23
#23	20	56	30	15	10	13	5	4	11
#24	25	43	26	19	11	10	10	11	23

MY TANITA																												
Country	QUESTION NUMBERS																											
TEST RESULTS (# ID number)	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	
HUNGARY - CO - AFTER																												
#1	81,5	24,2																										
#2	82	24,6																										
#3	86,5	22,6																										
#4	78	23,3																										
#5	91,3	28,5																										
#6	74,3	23																										
#7	81,5	23,1																										
#8	81,5	24,2																										
#9	88	26,1																										
#10	66,7	23,1																										
#11	61	21,1																										
#12	90,3	24																										
#13	87,5	23,7																										
#14	92	26,3																										
#15	89	25,7																										
#16	72,5	21,3																										
#17	81,8	24,9																										
#18	79,6	23,6																										
#19	90	28,4																										
#20	98,8	26,7																										
#21	80	22,6																										
#22	65,8	22,8																										
#23	66,5	23,4																										
#24	73,5	21,5																										

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

AUSTRIA





SLOVENIA



HUNGARY



HUNGARY – CONTROLL GROUP

