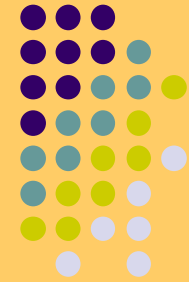


EUROFIT

fitness battery



- **A - Questionnaire**
- **B - Anthropometry**

body height
body weight
BMI index
Waist circumference
hip circumference
INDEX waist / hip
Skin folds: biceps, triceps,
subscapular, suprailiac

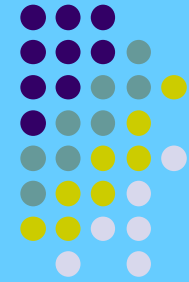
• Telesna visina
• Telesna masa
• BMI index
• Obim struka
• Obim kukova
• INDEX struk/kuk
• Kožni nabori: biceps, triceps,
subscapular, suprailiac



- C - Aerobic fitness
- D - Muscle strength and endurance
- E - Flexibility
- G – balance
- H - muscle fitness

- C – Aerobna sposobnost
- D – Mišićna snaga i izdržljivost
- E - Fleksibilnost
- G – Ravnoteža
- H – Mišićna sposobnost

5 - Aerobic fitness.ppt



- UKK 2km walking test
- PWC 170 aerobic endurance on cycle ergometer test
- Endurance Shuttle run 20m test - multilevel progressive return loads running at 20 m

- Test hodanja na 2km
- PWC 170 test aerobne izdržljivosti na bicikl ergometru
- "Shuttle run 20m" višestepeno progresivno opterećenje na 20m

Muscle strength and endurance

3 x 5 Dynamic sit-up for 30"

three different position of hands, knees bent at 90:

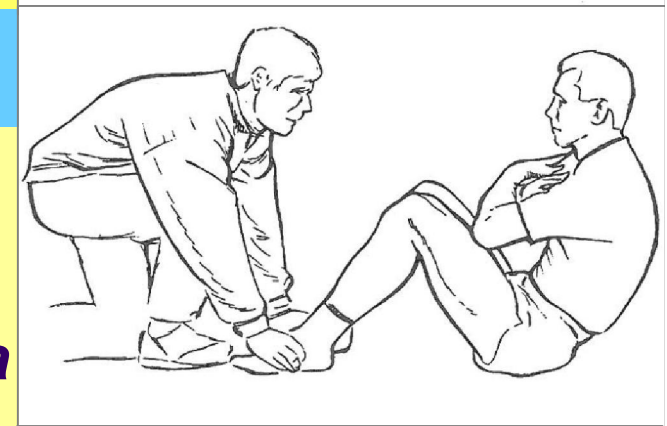
- Arms straight, hands go over the knee
- Arms crossed on his chest go up to your knees
- Hands behind your head, elbows touch the knees

Mišična snaga i izdržljivost:

3 x 5 trbušnjaka za 30"

Tri različite početne pozicije ruku, kolena savijena na 90 :

- *Ispružene ruke idu preko kolena*
- *Ruke prekrštene na grudi idu do kolena*
- *Šake iza glave, laktovima dodirnuti kolena*

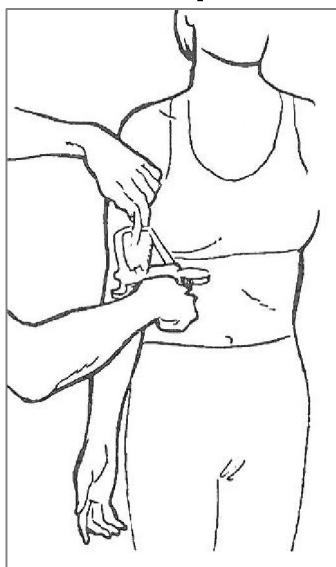


Telesna kompozicija

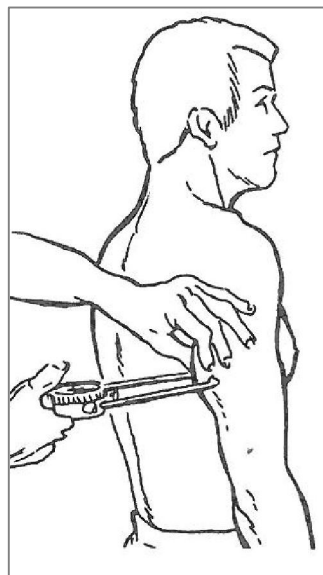


kožni nabor na četri lokacije

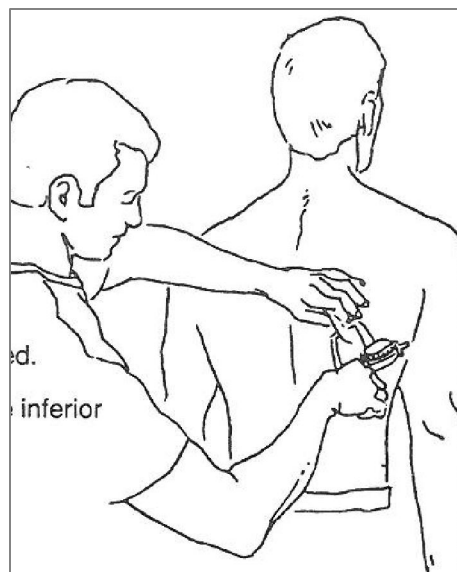
Biceps



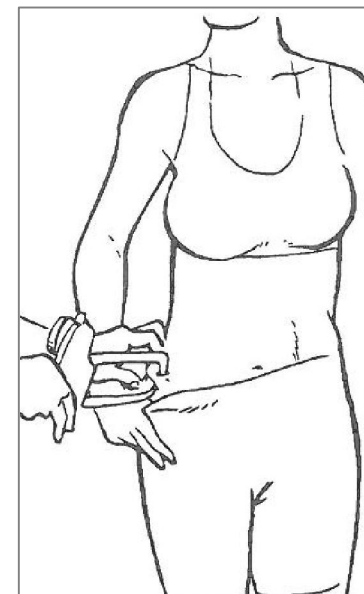
Triceps



Subscapular

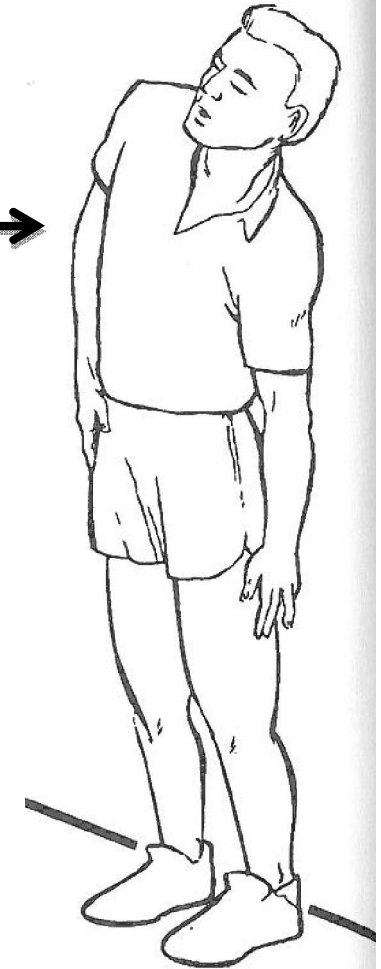
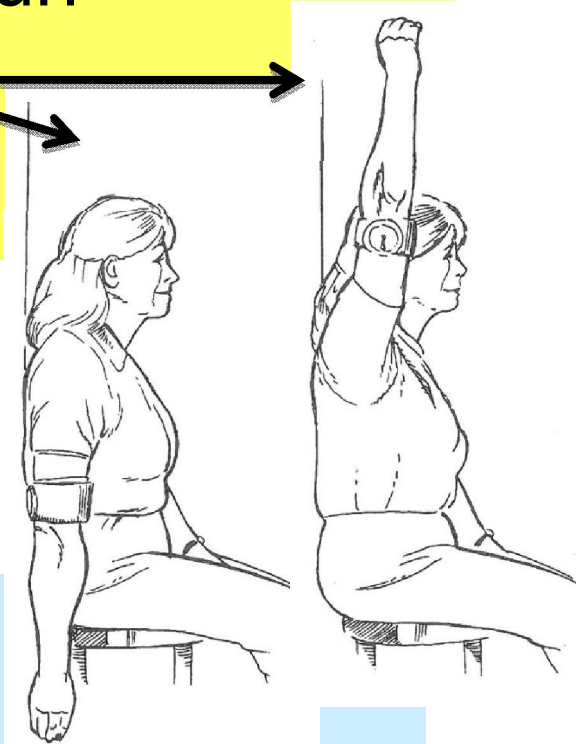
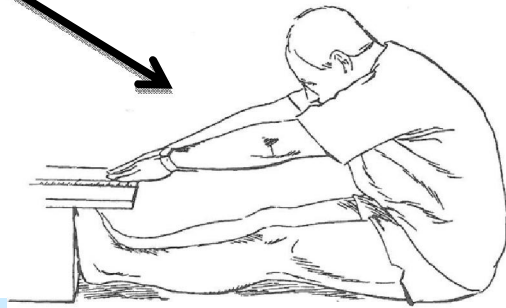


Sprailiac



Flexibility tests

- Side-bending of the trunk
- Shoulder abduction
- Sit-and-reach



Pokretljivost

- *otkloni u stranu*
- *pretklon u sedu*
- *abdukcija u zglobu ramena*

balance:

standing on one leg,

- the other leg to the side

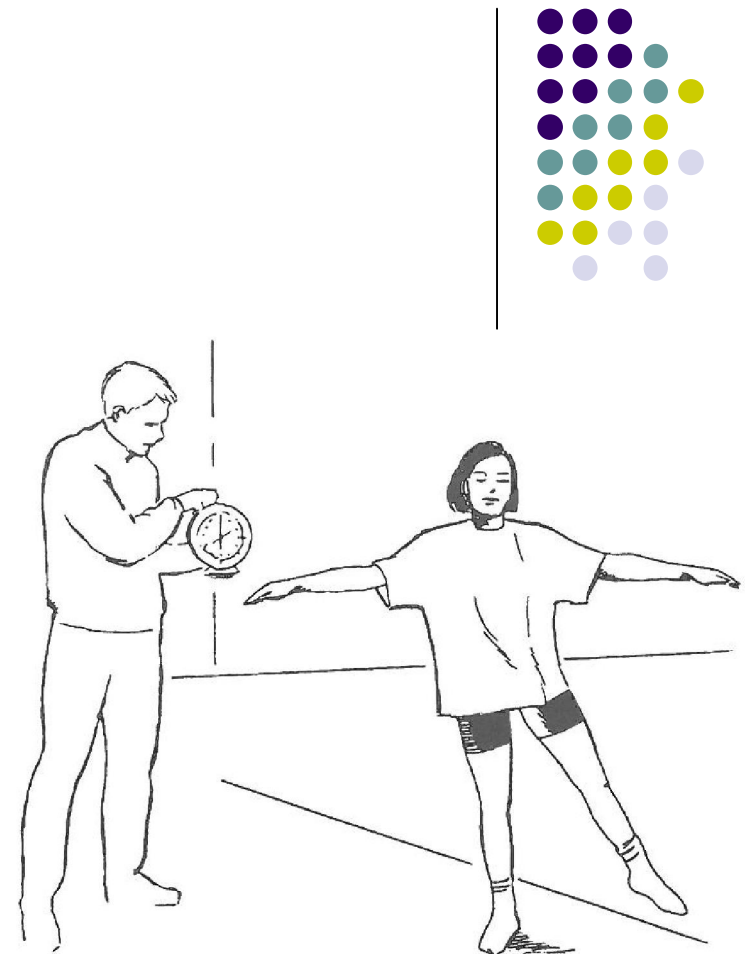
- hands outstretched

- eyes closed

- Number of attempts in total
accumulated time of 30 seconds. If the
subject loses balance, clock is stopped.

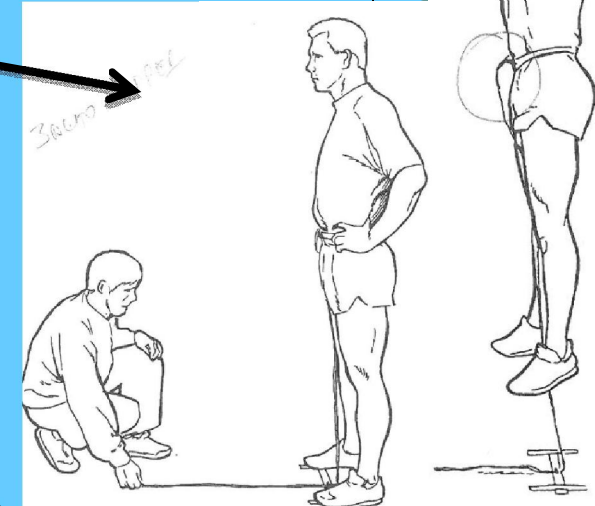
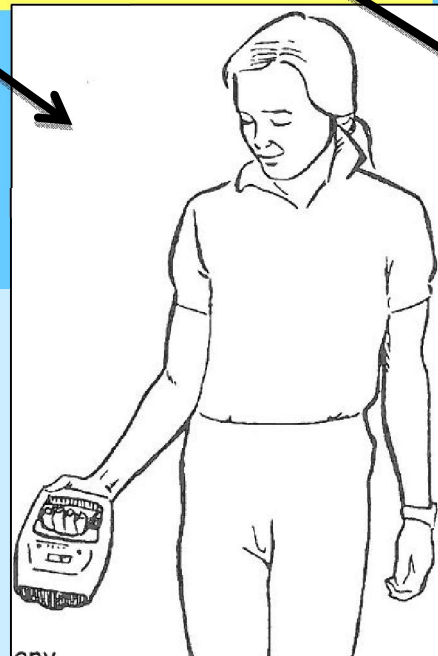
Ravnoteža:

- *stajanje na jednoj nozi,*
- *druga noga u stranu*
- *ruke raširene*
- *Oči zatvorene*
- *Broje se greške u roku od 30".*
Štoperica se zaustavlja kod svake
greške



muscle fitness

- Vertical jump - "Abalac
- Bent arm hang
- hand gri
- hand tap



● Mišićni fitness

- skok uvis - "abalak"
- vis u zgibu do otkaza
- stisak desne šake
- taping rukom (25 ciklusa)