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LITHUANIAN UNIVERSITY OF HEALTH SCIENCES
Department of Kinesiology and Sports Medicine

COMPLEX EVALUATION SYSTEM OF PHYSICAL HEALTH:
MULTIDISCIPLINARY APPROACH
Laimonas Siupsinskas

FP7 Health Partnering event
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International session

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COMPLEX EVALUATION SYSTEM OF PHYSICAL HEALTH: MULTIDISCIPLINARY APPROACH

Complex data analysis

Personal level

Group level

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COMPLEX EVALUATION SYSTEM OF PHYSICAL HEALTH: MULTIDISCIPLINARY APPROACH

Complex evaluation system of physical health

- Habitual Physical Activity
- Evaluation of physical state
- Endurance of the trunk muscles
- Body composition
- Waist – hip ratio
- EUROFIT
- 2 km walking test

Color codes:
- 2006–04–23
- 2007–04–23
- 2008–04–23
- 2009–04–23
Complex evaluation system of physical health can be used to collect, store and analyze parameters of physical health. Web-based database was created for the easier and controlled collection and storage of the data.
Application:
1. e-health services
2. Self physical health assessment.
3. Local, national or international physical health monitoring for population groups.
4. Health clubs and fitness centers

Keywords:
Physical health, evaluation, fitness, health status
Contact details

Thank you!

Laimonas Šiupšinskas PT, MPH, PhD
Lithuanian University of Health Sciences
Medical Academy
Department of Kinesiology and Sports Medicine
M. Jankaus 2
LT - 50275, Kaunas, Lithuania
Work tel. +370 37 730580
Mobile tel. +370 614 03733
e-mail: laimonas.siupsinskas@lsmuni.lt

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