



COUNSEL FOR SPORTS-RECREATION

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Sport recreation activity has a significant role in health protection and promotion, but physical load bears the certain risks, particularly in persons with latent or even evident diseases.

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Regardless to relative small frequency of potential incidents, it is to recommend, specially for middle-aged and elderly persons, that before entering PA and occasionally later control their health and functional condition.

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Based on the research results and experience in sports medicine, health and abilities control prior of inclusion in activity program is recommended.

This procedure is particularly recommended for males age from 40 on, and for females age from 50 on.

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On the basis of health finding, characteristics of body composition, levels of functional-motor abilities and preferences of the checked person, the physician and the kinesiologist will propose mode, intensity and weekly frequency of the activity as well as an sport-recreation center, and even the leader of the program.

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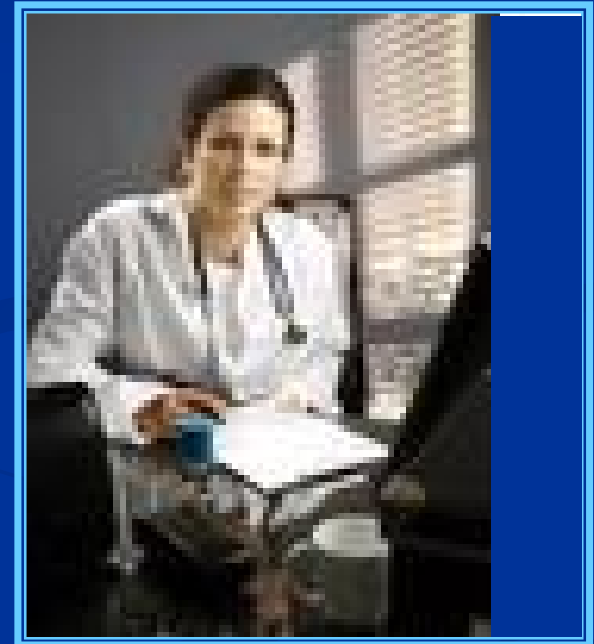
THE PROCEDURE OF PHYSICAL ACTIVITY PRESCRIPTION

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ASK AND INFORM

Identify patients who can benefit from an activity script

- Waiting room checklist
- Waiting room poster
- Patient record prompts
- Prompts by practice staff



THE PROCEDURE OF PHYSICAL ACTIVITY PRESCRIPTION

Assess

Assess current physical activity level

- Physical activity assessment tool
- Is the patient active enough for health benefits?

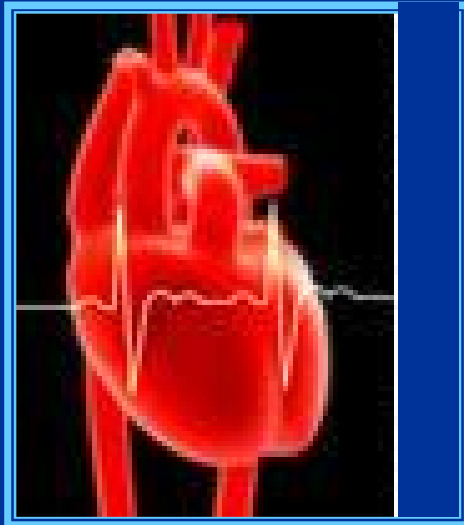
NO

**Exclude
contraindications***

YES

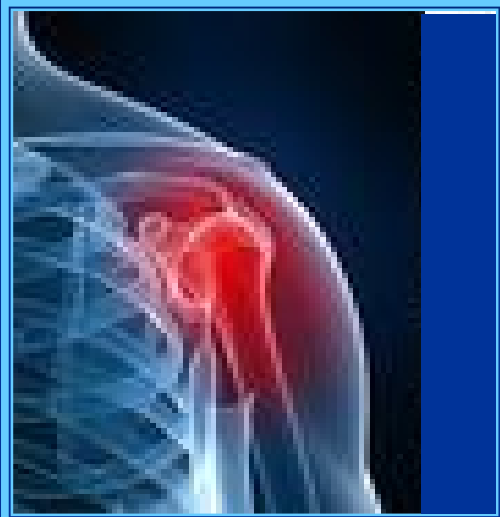
Reinforce benefits and advise to maintain current levels

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- * Contraindications to moderate-intensity physical activity
 - Unstable angina
 - Chest discomfort or shortness of breath on low-intensity activity
 - Uncontrolled heart failure
 - Severe aortic stenosis
 - Uncontrolled hypertension

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- *Contraindications to moderate-intensity physical activity
 - Acute infection or fever
 - Resting tachycardia (>100 beats per minute)
 - Recent complicated acute myocardial infarction (<3 months)
 - Uncontrolled diabetes

THE PROCEDURE OF PHYSICAL ACTIVITY PRESCRIPTION

Advise

Provide tailored advice

- Give feedback on current activity level
- Discuss individual benefits
- Discuss individual barriers
- Negotiate and set realistic goals

THE PROCEDURE OF PHYSICAL ACTIVITY PRESCRIPTION

Assist

Write activity prescription

- Record individual details
- Individualize the prescription
- Consider referral
- Set review dates

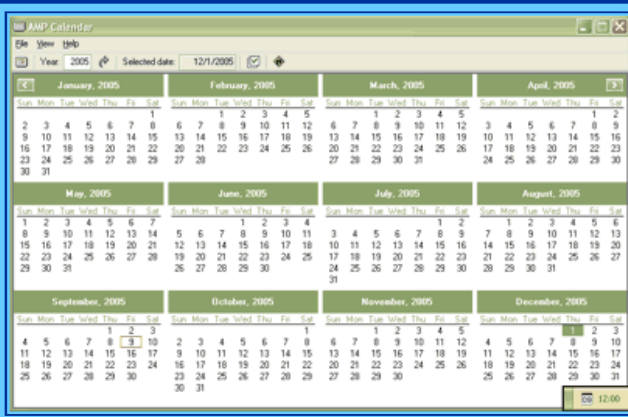
THE PROCEDURE OF PHYSICAL ACTIVITY PRESCRIPTION



Arrange

Arrange referral and follow-up

- Refer to local physical activity provider
- Consider referral to tertiary services (e.g. exercise physiologist, cardiologist) for patients at higher risk**
- Organize follow-up in 2–4 months for review



THE PROCEDURE OF PHYSICAL ACTIVITY PRESCRIPTION

****People with multiple risk factors, pre-existing disease, long-standing disabilities and the frail elderly may require referral for supervision or other tertiary services to ensure their activity is safe and provides maximal benefit.**

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- Persons who wish to start sport-recreation activities, as well as those who are still involved, have not a possibility today in our situation to look for and advise on the appropriate organized and personal PA programs and to control the effects.

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- Health of many among them, specially of those above the age of 40-45 years, deviates from the acceptable level when an inappropriate activity, particularly because of content and intensity, performs a health risk factor.

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- Therefore it is to recommend prior as well as control aimed preventive check up by which the level of health or illness can be determined and the presence of possible contra-indications for the activity mode or intensity can be determined or removed.

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- From one side, based on the findings a health safe optimal program can be proposed, and from the other side the effects of the previous activities on functional, motor and health condition can be determined.

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- A Counsel can be a part of public health care system or a part of a private polyclinic or of a private specialist clinic of occupational and/or sports medicine.

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- The professional team in a Counsel comprises a physician specialist in occupational and /or sports medicine, a nurse with the additional education in sports medicine and functional diagnostics and a kinesiologist with specialization in sports recreation.

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- In the cases when a group of clients are to be examined the team will be extended with the needed personnel, so the examination, testing and counseling could be performed effective in a appropriate time.

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- Depending on the level of personnel competency and financial-material conditions, a Counsel can offer different kinds and levels of services regarding to citizens' PA regardless to age and the needs of the groups and institutions interested in including and performing various activity programs.
- Here are some examples:

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- *Initial and periodical medical examination with functional diagnostics and counselling on physical exercise and sport-recreation activities for youth, adolescents, adults and elderly persons.*

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- *Cooperation with governmental and NGO, local authorities directly or indirectly influence on sport-recreation development and health protection by physical activity.*

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- *Scientific achievements and professional experiences following and contemporary diagnostic and counselling procedures applying.*
- *Inclusion in appropriate health and kinesiology personnel education.*

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- *Participate in citizen information and education by lectures, written pamphlets, cooperation with media;*
- *Cooperation in the projects of scientific and scientific-educational institutions.*

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- Fundamental function of the Counsel is therefore, that on the evidence based knowledge and professional recommendations of the competent health institutions implements health and functional-motor condition control of individuals or groups prior joining activity system or in a program of sport-recreation exercise.

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- If there is no any health contraindications, type, intensity, and week frequency of activity can be recommended as well as the control of the progress for the next several months (4-6).

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- Kinesiologist in the Counsel will be able to recommend the sport-recreation centre and even the potential leader of the programme.

HEALTH CONDITION DETERMINING PROCEDURE

- Determining the facts required for an appropriate counselling, besides health data, involves an insight into former and actual physical activity as well as the possible health risks too.

HEALTH CONDITION DETERMINING PROCEDURE

- Questionnaire on physical activity enables an insight into physical activity as well as Questionnaire on risk and risk behaviour factors enables an insight into the health risk.
- A classical Case history questionnaire will facilitate to the physician an insight into personal and family history of diseases.

HEALTH CONDITION DETERMINING PROCEDURE

- The medical segment will embrace the basic laboratory tests, among which are blood glucose and blood lipid profile.
- Basic ECG is obligatory, and if the result or the anamnesis requires, a stress ECG is recommended.

HEALTH CONDITION DETERMINING PROCEDURE

The standard procedure of medical examination and testing encloses:

A) MEDICAL EXAMINATION

- Questionnaire on health and health risks
- Questionnaire on physical activity



HEALTH CONDITION DETERMINING PROCEDURE

- Physical examination with the accent on cardio-vascular and locomotor system
- Blood pressure measurement
- ECG in rest



HEALTH CONDITION DETERMINING PROCEDURE

B) MEASUREMENTS AND TESTING (instructions in EUROF FOR ADULTS)

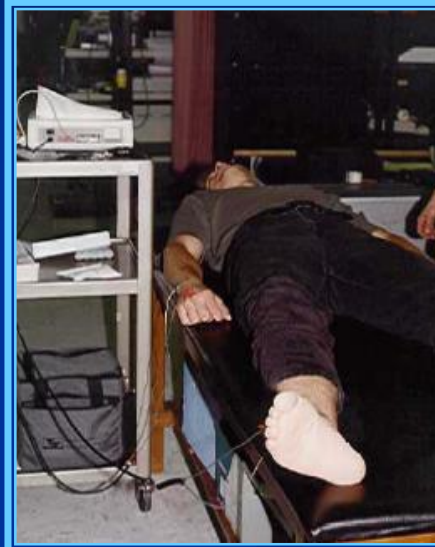
1. Anthropometric measures and indexes

1.1. Body height (cm)

1.2. Body weight (kg)



HEALTH CONDITION DETERMINING PROCEDURE



1.3 Body mass index (BMI)

1.4 Body fat percent (%BF)

1.5 Obesity type index – waist-hip ratio (WHR)

HEALTH CONDITION DETERMINING PROCEDURE

2. Measures of functional-motor abilities

2.1. Aerobic ability –
maximal oxygen
uptake

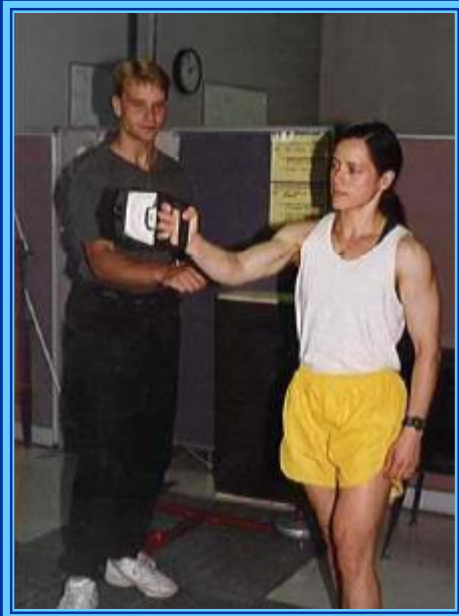
2.2. Dynamic muscular
endurance – sit ups



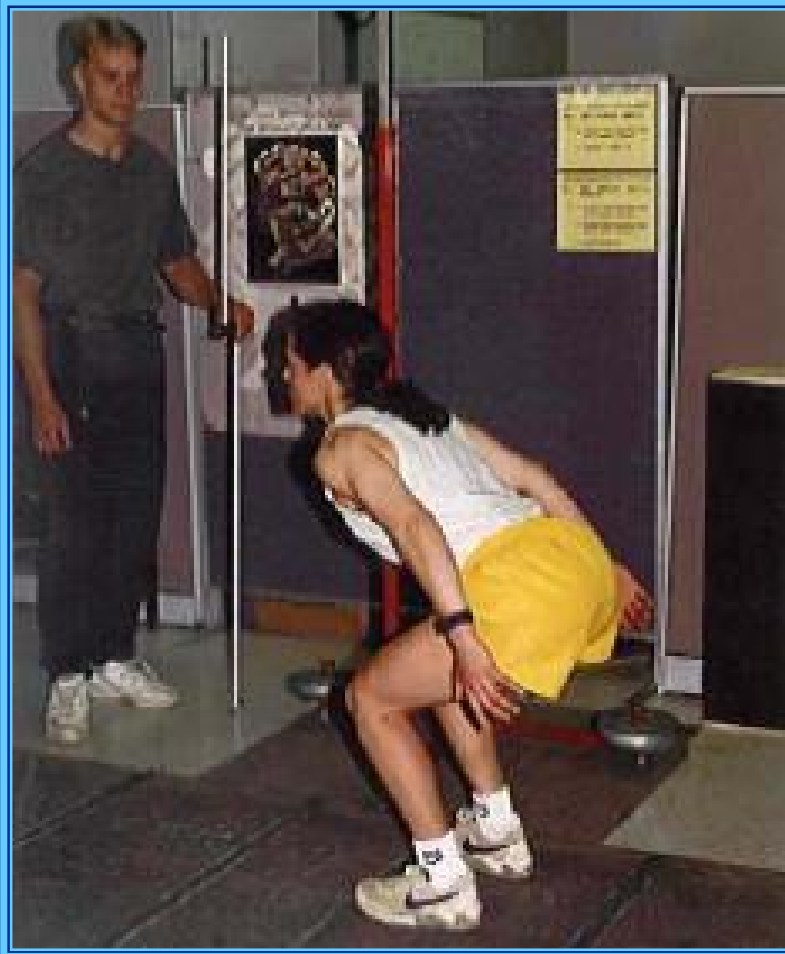
HEALTH CONDITION DETERMINING PROCEDURE

2.3. Grip strength (kp) - dynamometry

2.4. Front trunk flexibility – sit and reach (\pm cm)



HEALTH CONDITION DETERMINING PROCEDURE



2.5. Lateral trunk
flexibility (cm)

2.6. Leg explosive
power – high jump
(cm)

HEALTH CONDITION DETERMINING PROCEDURE

2.7. One leg balance test

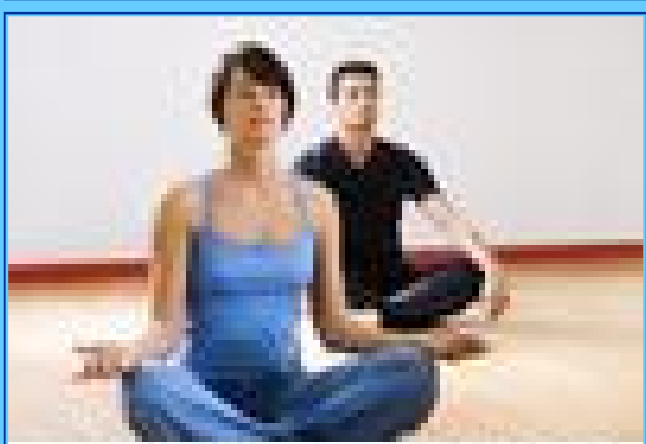
2.8. Co-ordination test –
hand tapping on
the plate



HEALTH CONDITION DETERMINING PROCEDURE

- Measurement and test results are compared with norms and criteria values enabling the assessment of the level of particular characteristics and abilities.

HEALTH CONDITION DETERMINING PROCEDURE



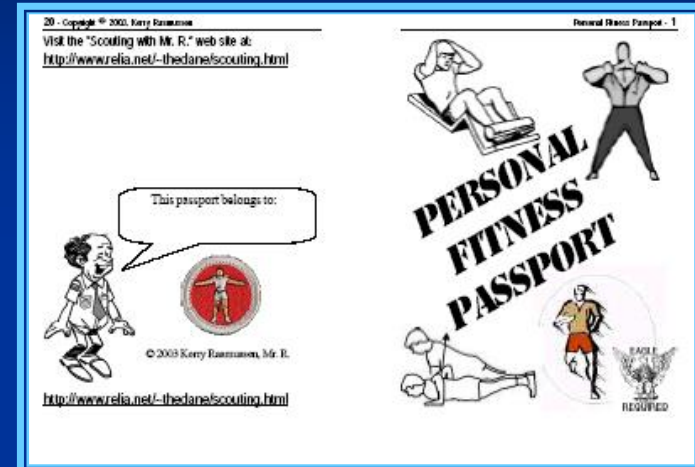
Based on the results the expert team in the counsel will make the conclusion on the actual condition and classify a person in the appropriate intensity group, as well as propose sport-recreation, physical prophylactic and diet measures that should influence positively to health promotion.

HEALTH CONDITION DETERMINING PROCEDURE

- The leader of the expert team (a physician or a kinesiologist) must on the acceptable, clear and understandable way explain to the customers of the Council the results and give them oral and written instructions of the recommended measures.

HEALTH CONDITION DETERMINING PROCEDURE

In the same time the findings are to be inscribed into the customer's "Fitness passport" representing the written documentation needed for the future control examinations and comparison of previous and new results.



2 - Copyright © 2003, Kerry Rasmussen	Personal Fitness Passport - 19
MEDICAL CHECKUP (1a) Before you try to meet any other requirements, have your health-care provider give you a physical examination, using the Scout medical examination form. (Date: _____) Describe the examination _____ _____ _____ What questions you were asked about your health? _____ _____ What health or medical recommendations were made? _____ _____ What have you done in response to the recommendations? _____ _____	LONG TERM FITNESS (9) Describe your long-term plans regarding your personal fitness. _____ _____ _____ _____ _____ _____ _____ _____ _____ _____



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ATTENTION AND ...**

... WELCOME TO ZAGREB AND CROATIA !

