



Special Sport for Special People



Co-funded by the
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SOUL&SPORT

LIVE DIFFERENT

WARM UP

WARM UP

SESSION 1

BODY COMPOSITION
Theoretical session to explain the objectives of the unit – medical agreement – BMI calculation

SESSION 2

TESTING OF STRENGTH
Testing of strength 1: isometric strength

SESSION 3

TESTING OF STRENGTH
Testing of strength 2: explosive strength

SESSION 4

TESTING OF PHYSICAL FITNESS
Testing of physical fitness 1

SESSION 5

TESTING OF PHYSICAL FITNESS
Testing of physical fitness 2

SESSION 6

TESTING OF PHYSICAL FITNESS
Testing of physical fitness 3

SESSION 7

FLAMINGO TEST
Testing of balance

SESSION 8

FLEXIBILITY
Testing of flexibility

SESSION 9

COORDINATION
Testing of coordination

COOL DOWN

SESSION 10

SPEED
Testing of speed 1

SESSION 11

SPEED
Testing of speed 2

WARM UP

Warm-up before participating in sports

1. LIVE DIFFERENT



10 minutes

WALK

In a marked out area, ask students to walk around the whole area, travelling in different directions.

On the signal (whistle) change the way you move.

①

Walk in different ways: slowly, quickly, sideways, backwards, small steps, giant steps, on the balls of the feet, heavy, light etc.

②

Walk pretending to be on different surfaces or places eg mud, hot coals, water, stones, jungle, in the woods etc.

③

Walk with different attitudes: drunk, old, proud, tired, soldier, mannequin, cowboy, duck, sumo, Charlie Chaplin style,...



5 minutes

RELAY

①

RELAY

Relay: running, jumping, hopping, backwards, like a frog and spider.

②

2 LINES

2 lines: start and finish 15 m between both.



STAFF

1 teacher

DURATION OF THE SESSION

15 minutes

EQUIPMENT

mats

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK



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LIVE DIFFERENT

COOL DOWN

WARM UP

SESSION 1

**BODY COMPOSITION
OVERVIEW
OF THE UNIT**

Theoretical session to
explain the objectives
of the unit – medical
agreement – BMI
calculation

COOL DOWN

SESSION 2

TESTING OF STRENGTH

Testing of strength 1:
isometric strength

SESSION 3

TESTING OF STRENGTH

Testing of strength 2:
explosive strength

SESSION 4

**TESTING OF PHYSICAL
FITNESS**

Testing of physical
fitness 1

SESSION 5

**TESTING OF PHYSICAL
FITNESS**

Testing of physical
fitness 2

SESSION 6

**TESTING OF PHYSICAL
FITNESS**

Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST

Testing of balance

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COORDINATION

Testing of coordination

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

COOL DOWN

Cool-down after participating in sports

1. LIVE DIFFERENT

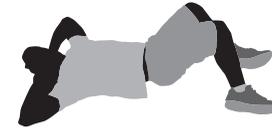


15 minutes

STRETCHING EXERCISES

Students perform the stretching exercises shown here:

- › Stretching of both calves
- › Stretching of the hamstring muscles in the back of the thighs.
- › Stretching of the adductors, inner thighs
- › Stretching of the remaining muscles in both legs



STAFF

1 teacher

DURATION OF THE SESSION

15 minutes

EQUIPMENT

mats

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Testing of coordination

COOL DOWN

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SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

1. LIVE DIFFERENT



SESSION 1 > BODY COMPOSITION - PRESENTATION OF THE PROJECT

Theoretical session to explain the objectives of the unit - medical agreement - BMI calculation



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



120 minutes

BODY COMPOSITION

Measurement of each individual

WAIST CIRCUMFERENCE (ALPHA FIT TEST)

Description of the test

A marker is used to mark the following anatomic sites on the client's skin: lateral surface of lowest rib and iliac crest. The tape measure is placed around the body halfway between the marks horizontally, so that the tape is taut around the body but does not press into the skin. The client stands upright with feet 20-30 cm wide apart in front of the tester. The client is asked to breathe normally. Result is read during light exhalation and it is the mean of the 3 measurements rounded off to the nearest 0.5cm. If these 3 measurements differ more than 1 cm from each other, 2 additional measurements are performed.

Compile the results in the individual report.

Classification of waist circumference (cm) according to cardiovascular risk.

MEN	FEMALE	RISK
< 90	< 80	no risk
90 – 102	80 – 88	moderate risk
> 102	> 88	clearly elevated risk

Reference: World Health Organization. Obesity. Preventing and managing the global epidemic. Technical Report Series No. 894. World Health Organization: Geneva 2000.

CALCULATION OF BMI

Description of the test

Measurement of weight and size of each participant.

The client is lightly dressed, without shoes. Height is measured with the client standing barefoot with heels together and back as straight as possible. Head is positioned at a level where the opening of the outer ear and lower level of the eye socket form an imaginary, horizontal line. The tester may support the head from both sides at the mastoid process to ensure the correct position. Weight is recorded, in KG. To calculate BMI, weight (kg) is divided by height squared (m²). BMI = kg /m²

Compile the results in the individual report.

BMI	DEGREE OF UNDER OR OVERWEIGHT
18.5	Underweight
18.5 – 24.9	Proper weight
25.0 – 29.9	Overweight
30 – 34.9	Moderate obesity
35.0 – 39.9	Significant obesity
> 40	Severe obesity

Modified from WHO (1998)

Explanation to each participant of the result in simple words



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

120 minutes

EQUIPMENT

Ppt presentation
Video projector
Weighing machine
Measuring rod
All individual joined documents

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK

PRESENTATION

Explanation of the aims and objectives of the unit:

- › evaluation of individual level of physical fitness
- › comparison in different moments of the year (after PA program for example)
- › development of an individualized PA programme
- › comparison between the people in the group - ...

Next steps:

- › Discuss the importance of moving – Responsibility of each participant
- › Presentation of the individual follow up document
- › Completion of the individual Identity Card - Agreement of medical doctor document



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LIVE DIFFERENT

SESSION 2

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TESTING OF STRENGTH

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TESTING OF STRENGTH

Testing of strength 2:
explosive strength

SESSION 4

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 1

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TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 2

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TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST

Testing of balance

SESSION 8

FLEXIBILITY

Testing of flexibility

SESSION 9

COORDINATION

Testing of coordination

COOL DOWN

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

SESSION 2 > TESTING OF STRENGTH 1

Testing of strength 1 (isometric and abdominal)

1. LIVE DIFFERENT



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

ISOMETRIC STRENGTH UPPER LIMB

Measurement of each individual

TEST TIME LIMIT

Description of the test

- ① A load is maintained in one hand
- ② The arm held out horizontally, palm facing up, hold the load for as long as possible

Depending on the person, the load will be 2 kg (adult male) – 1 kg (adult female) - (0.5 Under 14 years) (to be confirmed after testing...)

Testing of the two arms consequently.

Calculations of results

Measurement of time (in seconds) between the start and the moment the person bends or moves the arm. Compile the results in the individual report.



60 minutes

ISOMETRIC STRENGTH LOWER LIMB

Measurement of each individual

TEST TIME LIMIT

Description of the test

- ① With weights on the ankle, sit down on a chair.
- ② Lift one leg out straight. Hold for as long as possible. Record time. Test both legs.

Calculations of results

Measurement of duration (in seconds) between the start of test and the moment when the person bends or moves the leg. Compile the results in the individual report.



60 minutes

ABDOMINAL STRENGTH

Measurement of each individual

SIT UPS TEST 1 MIN.

Golding, et al. (1986). The Y's way to physical fitness

Description of the test

Lie on a carpeted or cushioned floor with your knees bent at approximately right angles, with feet flat on the ground. Your hands should be resting on your thighs.

Technique

Squeeze stomach muscles, push back flat and raise high enough for hands to slide down your thighs, to touch the tops of knees. Don't pull with the neck or head and keep the lower back on the floor. Then return to the starting position.

Calculations of results

Count how many sits ups were performed and record the results in the individual report.

Interpretation of results

For the interpretation of the results use the table below.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

teacher and 1 volunteer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

loads, chronometer, chair, ankleweights of 1 kg, floor mat

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK

1 MINUTE SIT UP TEST (MEN)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above average	39-43	35-39	30-34	25-28	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below Average	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor	<25	<22	<17	<13	<9	<7

1 MINUTE SIT UP TEST (WOMEN)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<13	<7	<5	<3	<2



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LIVE DIFFERENT

SESSION 3

WARM UP

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TESTING OF STRENGTH
Testing of strength 1:
isometric strength

SESSION 3

TESTING OF STRENGTH
Testing of strength 2:
explosive strength

SESSION 4

TESTING OF PHYSICAL
FITNESS
Testing of physical
fitness 1

SESSION 5

TESTING OF PHYSICAL
FITNESS
Testing of physical
fitness 2

SESSION 6

TESTING OF PHYSICAL
FITNESS
Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST
Testing of balance

SESSION 8

FLEXIBILITY
Testing of flexibility

SESSION 9

COORDINATION
Testing of coordination

COOL DOWN

SESSION 10

SPEED
Testing of speed 1

SESSION 11

SPEED
Testing of speed 2

SESSION 3 > TESTING OF STRENGTH 2

Testing of strength 2



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



STAFF

teacher and 1 volunteer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

1 measuring tape
landing mat medicine ball

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK



60 minutes

EXPLOSIVE STRENGTH LOWER LIMBS

Measurement of each individual

STANDING LONG JUMP TEST (EUROFIT TEST)

Description of the test



Caution: people with severe obesity or weakness of the lower limbs should not perform this test. A landing mat is important to create a soft landing.

The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is performed, swinging the arms and bending the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

Calculations of results

The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped from the best of three attempts.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

EXPLOSIVE STRENGTH UPPER LIMBS

Measurement of each individual

SIT AND THROW TEST

Description of the test



Subjects sits against a wall, with the medicine ball (3kg) against the chest - The ball is thrown by performing a chest pass.

Calculations of results

Test three throws and take the best. Compile the results in the individual report.

Interpretation of results

RESULTS OF THE TEST

SCORE MAN	SCORE WOMAN	INDICATIONS
≥ 4,00 m	≥ 2,90 m	Very weak
≥ 4,80 m	≥ 3,90 m	Weak
≥ 5,70 m	≥ 5,00 m	intermediary
≥ 6,50 m	≥ 5,70 m	Good
≥ 8,00 m	≥ 6,30 m	Very good

Compile the results in the individual report.

Interpretation of results

The table below gives a rating scale for the standing long jump test for adults, based on personal experiences.

	MALES	
rating	(cm)	(feet, inches)
excellent	> 250	> 8' 2.5"
very good	241-250	7' 11" — 8' 2.5"
above average	231-240	7' 7" — 7' 10.5"
average	221-230	7' 3" — 7' 6.5"
below average	211-220	6' 11" — 7' 2.5"
poor	191-210	6' 3" — 6' 10.5"
Very Poor	<25	<22

	FEMALES	
rating	(cm)	(feet, inches)
excellent	> 200	> 6' 6.5"
very good	191-200	6' 3" — 6' 6.5"
above average	181-190	5' 11.5" — 6' 2.5"
average	171-180	5' 7.5" — 5' 11"
below average	161-170	5' 3.5" — 5' 7"
poor	141-160	4' 7.5" — 5' 2.5"
Very Poor	<25	<22



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LIVE DIFFERENT

SESSION 4

WARM UP

SESSION 1

BODY COMPOSITION
OVERVIEW
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SESSION 2

TESTING OF STRENGTH
Testing of strength 1:
isometric strength

SESSION 3

TESTING OF STRENGTH
Testing of strength 2:
explosive strength

SESSION 4

TESTING OF PHYSICAL
FITNESS
Testing of physical
fitness 1

SESSION 5

TESTING OF PHYSICAL
FITNESS
Testing of physical
fitness 2

SESSION 6

TESTING OF PHYSICAL
FITNESS
Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST
Testing of balance

SESSION 8

FLEXIBILITY
Testing of flexibility

SESSION 9

COORDINATION
Testing of coordination

COOL DOWN

SESSION 10

SPEED
Testing of speed 1

SESSION 11

SPEED
Testing of speed 2

SESSION 4 > TESTING OF PHYSICAL FITNESS 1

Testing of physical fitness 1



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

MAXIMAL CARDIAC FREQUENCY

Measurement of each individual

A heart rate monitor will be used to measure the heart rate of each.

Description of the test

The most frequently used formula for calculation of maximal heart rate is: $220 - \text{age}$ for the male individual, and $226 - \text{age}$ for the female individual.

With persons over 45 years, or people with early aging problems, the formula is: $210 - (0.65 * \text{age})$.

WALKING 60% MAX HR

- › Organise a walk in a pleasant environment.
- › The importance is the speed of the walking. Quite often, the intensity of walking is not sufficiently enough to stimulate the cardio frequency, to allow for physiological adaptations to occur.
- › Ensure the students are walking faster than they are use to walking.
- › There needs to be an increase in the Heart rate



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

1. LIVE DIFFERENT



STAFF

teacher and 1 volunteer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

heart rate monitors (watch), Computer

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK



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SOUL&SPORT

LIVE DIFFERENT

SESSION 5

WARM UP

SESSION 1

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COOL DOWN

SESSION 2

TESTING OF STRENGTH

Testing of strength 1:
isometric strength

SESSION 3

TESTING OF STRENGTH

Testing of strength 2:
explosive strength

SESSION 4

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 1

SESSION 5

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 2

SESSION 6

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST

Testing of balance

SESSION 8

FLEXIBILITY

Testing of flexibility

SESSION 9

COORDINATION

Testing of coordination

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

SESSION 5 > TESTING OF PHYSICAL FITNESS 2

Testing of physical fitness 2

1. LIVE DIFFERENT



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

AEROBIC FITNESS

Measurement of each individual



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

teacher and 1 volunteer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

heart rate monitors (watch)

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK

WALKING TEST 2 KM

Description of the test

Caution: people who take part in this test have to be able to walk 2 km easily. If they are unable too, use the 6 min walking test.

Students walks 2-km as fast as possible on a flat surface using a normal walking style. During the test the student is asked about the feeling of exertion. The test is aborted if the client is unwell and continuing the test might be a health hazard. The heart rate and time is measured as soon as the student has crossed the finish line.

Interpretation of results

MALES

Fitness category	30-39	40-49	50-59	60-69
poorest quartile	≥ 16:08	≥ 16:32	≥ 17:29	≥ 18:14
2nd quartile	15:29–16:07	15:31–16:31	16:13–17:28	17:08–18:13
3rd quartile	14:30–15:28	14:26–15:30	15:20–16:12	15:59–17:07
best quartile	≤ 14:29	≤ 14:25	≤ 15:19	≤ 15:58

FAMALES

Fitness category	30-39	40-49	50-59	60-69
poorest quartile	≥ 17:43	≥ 18:08	≥ 18:26	≥ 20:05
2nd quartile	16:53–17:42	16:47–18:07	17:05–18:25	18:59–20:04
3rd quartile	15:58–16:52	16:01–16:46	15:55–17:04	17:56–18:58
best quartile	≤ 15:57	≤ 16:00	≤ 15:54	≤ 15:55

OR

6 MIN WALKING TEST

Description of the test

Target group: the aged population who may not be able to undertake traditional fitness tests, or people with cardio or respiratory problems.

The walking course is laid out in an open space, with cones placed at regular intervals to indicate distance walked. The aim of this test is to walk as quickly as possible for six minutes and cover as much ground possible. Subjects set their own pace (testing of the FC max before), and are able to stop for a rest if they desire. Chairs are placed along the distance path).

Calculations of results

Measure the distance walked in 6 minutes to the nearest meter. The following regression equations were determined by Jenkins et al. (2009).

Males

$$\text{Walk Distance (meters)} = 867 - (5.71 \text{ age, yrs}) + (1.03 \text{ height, cm})$$

Females

$$\text{Walk Distance (meters)} = 525 - (26 \text{ age, yrs}) + (2.71 \text{ height, cm}) - (6.22 \text{ BMI})$$



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SESSION 6

WARM UP

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TESTING OF STRENGTH

Testing of strength 1:
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TESTING OF STRENGTH

Testing of strength 2:
explosive strength

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TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 1

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FITNESS

Testing of physical
fitness 2

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TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST

Testing of balance

SESSION 8

FLEXIBILITY

Testing of flexibility

SESSION 9

COORDINATION

Testing of coordination

COOL DOWN

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

SESSION 6 > TESTING OF PHYSICAL FITNESS 3

Testing of physical fitness 3

1. LIVE DIFFERENT



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

TEST OF HEART RATE VARIABILITY AND RECUPERATION

RUFFIER - DICKSON TEST

Description of the test

①

Record the Resting Heart Rate (HR0) with the heart rate monitor or find pulse in the wrist and count the beats for 10 secs times by 6.

②

The individual starts standing up on command they perform a total of 30 squats in 45 seconds. Shown in the diagram below.

③

Immediately after the last squat the heart rate is taken and record (HR1).

④

After precisely 1 minute from the end of the test the heart rate is taken and recorded (HR2).



Interpretation of results

The Ruffier Dickson index (RD) is calculated by the following formula:

$$RD = ((RH1 - 70) + 2(HR2 - HR0)) / 10$$

RD Index			
Fitness category		Fitness category	
excellent	RD near 0	weak	6 < RD < 8
very good	0 < RD < 2	very weak	8 < RD < 10
good	2 < RD < 4	bad adaptation	10 < RD
middle	4 < RD < 6		



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

teacher and 1 volunteer

DURATION OF THE SESSION

60 Minutes

EQUIPMENT

heart rate monitors (watch)

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK



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SOUL&SPORT

LIVE DIFFERENT

SESSION 7

WARM UP

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Testing of physical
fitness 1

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FITNESS

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fitness 3

SESSION 7

FLAMINGO TEST

Testing of balance

SESSION 8

FLEXIBILITY

Testing of flexibility

SESSION 9

COORDINATION

Testing of coordination

COOL DOWN

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

SESSION 7 > FLAMINGO TEST

Testing of balance 1



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

TESTING OF BALANCE

FLAMINGO

Description of the test



The Flamingo Balance Test is a total body balance test, and forms part of the Eurofit Testing Battery. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as dynamic balance.

Equipment required

Metal beam 50 cm long, 5 cm high and 3 cm wide (the beam is stabilized by two supports at each end, and should have a non-slip surface) – **the test can also be carried out without a beam if too difficult or no beam is available.**

Procedure

Stand on the beam with the preferred foot with no shoes on. If needed the instructor can help by holding the students hand. The free leg is flexed at the knee and the foot of this leg held close to the glutes. On 'go' the student balances by themselves and the timer starts. Stop the timer each time the person loses balance (either by falling off the beam or letting go of the foot being held). keep doing this for 60 seconds. Record the number of falls. If there are more than 15 falls in the first 30 seconds, the test is terminated and a score of zero is given. Test both legs.

Calculations of results

The total number of falls or loss of balance in 60 seconds is recorded.

Attention: If the person falls more than 15 times during the first 30 seconds, the testing ended and the persons is noted 0 which means that the person is not able to perform the test.

If the person has not fallen during all the testing, the result will be 1.

Compile the results in the individual report.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

1. LIVE DIFFERENT



STAFF

teacher and 1 volunteer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

beam (or not)
stopwatch

2 ORIENTEERING

3 LONG DISTANCE
RUNNING

4 QUICK PICK



Special Sport for Special People



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of the European Union

SOUL&SPORT

LIVE DIFFERENT

SESSION 8

WARM UP

SESSION 1

BODY COMPOSITION
OVERVIEW
OF THE UNIT

Theoretical session to
explain the objectives
of the unit – medical
agreement – BMI
calculation

COOL DOWN

SESSION 2

TESTING OF STRENGTH

Testing of strength 1:
isometric strength

SESSION 3

TESTING OF STRENGTH

Testing of strength 2:
explosive strength

SESSION 4

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 1

SESSION 5

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 2

SESSION 6

TESTING OF PHYSICAL
FITNESS

Testing of physical
fitness 3

SESSION 7

FLAMINGO TEST

Testing of balance

SESSION 8

FLEXIBILITY

Testing of flexibility

SESSION 9

COORDINATION

Testing of coordination

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

SESSION 8 > FLEXIBILITY

Testing of flexibility



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

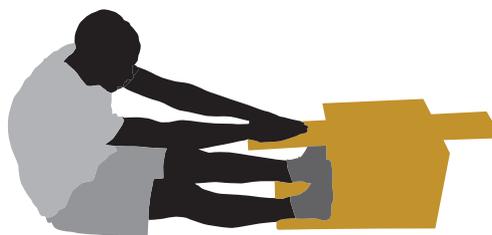
TESTING OF FLEXIBILITY

SIT AND REACH FLEXIBILITY TEST

Equipment required

[Sit and reach box](#) (or alternatively a ruler can be used, and a step or box).

Procedure



This test involves sitting on the floor with legs flat stretched out. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked out and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance is recorded. Make sure there are no jerky movements. See also video demonstrations of the Sit and Reach Test online.

Calculations of results

The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark, while others have the zero mark 9 inches before the feet.

Compile the results in the individual report.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

1. LIVE DIFFERENT



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

sit and reach box or ruler and step box

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK



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LIVE DIFFERENT

SESSION 9

WARM UP

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SESSION 11

SPEED
Testing of speed 2

SESSION 9 > COORDINATION

Testing of coordination



10 minutes

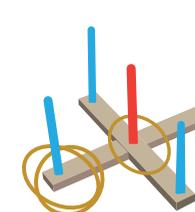
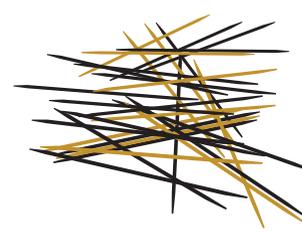
WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

GAMES OF COORDINATION



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

Testing of coordination

Different tests are proposed in the following page:

①

Mark a straight line out. Students walk along the line, record the number of times the person leaves the line.

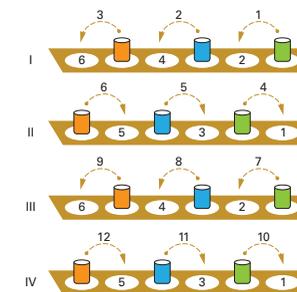
②

Sittingang test



③

Coordination test



1. Place right hand, with thumb up, on can 1 with elbow bent. At the start command, turn cans to soda pop upside down, placing can 1 inside circle 2, followed by can 2 inside circle 4, and then can 3 inside circle 6.
2. Immediately return all three cans, starting with can 1, then can 2, and can 3, turning them right side up to original place. On this "return trip", grasp the cans with the hand in a thumb-down position.
3. The entire procedure is performed twice for one trial.
4. Record time taken.

A depiction of the sitting-rising test (SRT), which involves standing, sitting, and then back up in a smooth motion without relying on the use of hands or any other external support. The test is an indicator of a person's physical fitness, including components such as balance, muscle composition, muscle strength and flexibility. The test uses a 10-points scale: hand: 1 point; knee: 1 point, forearm: 1 point; one hand on knee or thigh: 1 point; side of the leg: 1 point.

Compile the results in the individual report.

STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

3 cans or cups and stop watch

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK



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SOUL&SPORT

LIVE DIFFERENT

SESSION 10

WARM UP

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explosive strength

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**TESTING OF PHYSICAL
FITNESS**

Testing of physical
fitness 1

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**TESTING OF PHYSICAL
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fitness 2

SESSION 6

**TESTING OF PHYSICAL
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Testing of physical
fitness 3

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Testing of balance

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COOL DOWN

SESSION 10

SPEED

Testing of speed 1

SESSION 11

SPEED

Testing of speed 2

SESSION 10 > SPEED

Testing of speed 1

1. LIVE DIFFERENT



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



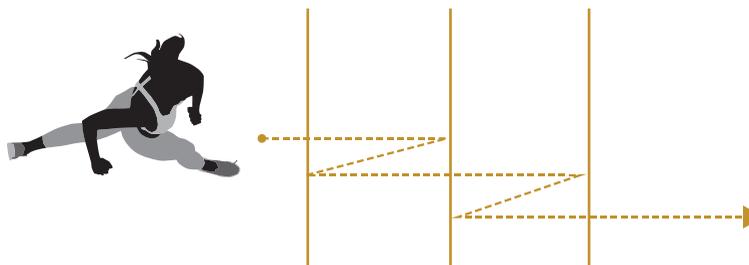
60 minutes

GAMES FOR SPEED

The student runs as fast as possible to the different markers. A time is recorded.

On the signal "On your marks, get set, go!", the student runs as quickly as possible towards a line 3 meters away, then runs back to the start line, sets out again towards the line 6 metres away, returns to the 3 meter line and from there, sets out again to the last line another 3 meters away (9m).

The student turns around as soon as their foot passes the 3 and 6 m line. Carry out and record the test twice. Ensure the student has recovered before carrying the test out again.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

cones, beanbags 3 boxes, measuring tape and stop watch

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK

①

TREASURE HUNT

- › 2 lines set out 20 meters apart.
- › 3 cones per student are placed on the second line..
- › Students stand behind the first line and at the signal.
- › Students run as fast as possible picking up one cone and taking it back to the start line. They carry on doing this until all cones are at the start line.
- › Record the time taken to place all the cones back on the start line.
- › This can be repeated to see if the time can be improved.
- › Repeat, but they have to come back with the cone on their heads. If it falls off, cone is left where it fell and student returns to the start and attempts the challenge again.

②

HUNT BOMBS

- › Place 3 boxes, 10 meters away with 5 beanbags on top of one box.
- › On the signal, everybody has to collect one beanbag and run to another box 10 meters away.
- › You can also this game with the boxes set out at several distances.



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SESSION 11

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FLAMINGO TEST
Testing of balance

SESSION 8

FLEXIBILITY
Testing of flexibility

SESSION 9

COORDINATION
Testing of coordination

SESSION 10

SPEED
Testing of speed 1

SESSION 11

SPEED
Testing of speed 2

SESSION 11 > SPEED

Testing of speed 2

1. LIVE DIFFERENT



10 minutes

WARM UP

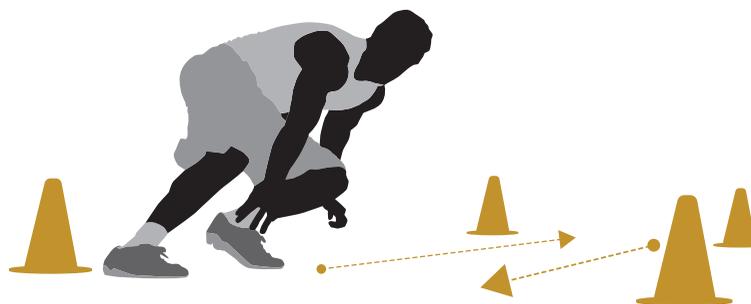
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60 minutes

TESTING OF SPEED

SHUTTLE RUN 10 X 5 M



Description of the test

Ensure students are motivated

Mark out cones and/or lines 5 meters apart. Start with a foot at one marker. When instructed the athletes run to the opposite marker, turns and returns to the starting line. This is repeated five times without stopping (covering 50 meters total). At each marker both feet must fully cross the line.

Calculation of results

Record the total time taken to complete the 50 m course.

Compile the results in the individual report.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

cones and tape measure

2 ORIENTEERING

3 LONG DISTANCE RUNNING

4 QUICK PICK