

METADATA

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Abstract

This handtbook elaborates on the tests used to assess the physical capacity of people with chronic clinical diseases. It refers to a) tests that require special laboratory equipment and specialized personnel, as well as b) field tests that are easy, simple, cost-free, and do not require specialized equipment. The execution of the proposed tests is necessary for the proper structuring of exercise programs in clinical populations. At the same time, it discusses errors that may occur during the conduct of the tests and lead to incorrect estimations, ways of evaluating the results, and criteria for selecting the most appropriate tests. Tests widely used to evaluate anthropometry and body composition are presented. It also

discusses the tests proposed in the literature and used to assess functional capacity and its components such as aerobic capacity, muscle strength and power, agility, flexibility, and coordination. It further describes clinical gait analysis, strength, and spasticity. In addition, it makes detailed reference to questionnaires that assess levels of physical activity and perceived quality of life. A separate chapter discusses methods for assessing heart function and performance. The manual also refers to osteoporosis indices and bone density assessment. It describes how biochemical testing is conducted and how its various markers are evaluated. At the end of each chapter, it presents indicative special case studies.









