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ΕΓΧΕΙΡΙΔΙΟ ΓΙΑ ΤΗΝ ΣΩΜΑΤΙΚΗ ΑΞΙΟΛΟΓΗΣΗ ΕΙΔΙΚΩΝ ΠΛΗΘΥΣΜΩΝ

Δοκιμασίες εργαστηρίου και πεδίου για την
επιστημονική υποστήριξη
προγραμμάτων άσκησης για υγεία



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Abstract

This manual will elaborate on the tests used to assess the physical capacity of people with chronic clinical diseases. Reference will be made to a) tests that require special laboratory equipment and special personnel but also b.) field tests that are easy, simple, without any cost and do not require special equipment. The execution of the proposed tests is necessary for the proper structuring of exercise programs in clinical populations. At the same time, errors that may be made in the conduct of the tests and lead to incorrect estimation, ways of evaluating the results, as well as criteria for selecting the most appropriate tests will be discussed. Tests widely used to evaluate anthropometry and body composition will be developed. Also, the tests proposed by the literature and

used to assess functional capacity and its components such as aerobic capacity, muscle strength and power as well as agility, flexibility and coordination will be thoroughly discussed. At the same time, clinical gait analysis, strength and spasticity will be described. In addition, detailed reference will be made to questionnaires that assess levels of physical activity and perceived quality of life. A separate chapter will discuss methods for assessing heart function and performance. A reference will also be made to osteoporosis indices and bone density assessment. How biochemical testing is conducted, and the evaluation of its various markers will be another chapter of the book. At the end of each chapter of the book, reference will be made to indicative special case studies.

