


## European Fitness Badge – Let's get active!

### Background

The European Fitness Badge (EFB) is an individual confirmation of the fitness status and is awarding this status on three levels

 **BASIC** Function-oriented basic activities of daily living are possible.

 **ADVANCED** A health-oriented fitness test is passed with average result.

 **APPROVED** A health-oriented fitness test is passed with a result above average.



Fig. 1: Example exercises of the European Fitness Badge.

### Execution

There are two test profiles:

*Test profile 1* (fitness level BASIC) is function-oriented and includes tests close to every day tasks such as standing up with one leg and balancing on one leg. Every test is rated on three stages (not solved, solved, solved well).

*Test profile 2* (fitness level ADVANCED & APPROVED) includes health-oriented fitness tests such as step test and plank test.

Every test is rated according to age and gender, with the help of standard values (five stages).

### Feedback

All participants of the EFB receive individual feedback. Besides the evaluation of the fitness test, the feedback includes information about activity, body composition and posture.

Successful participants receive a certificate.

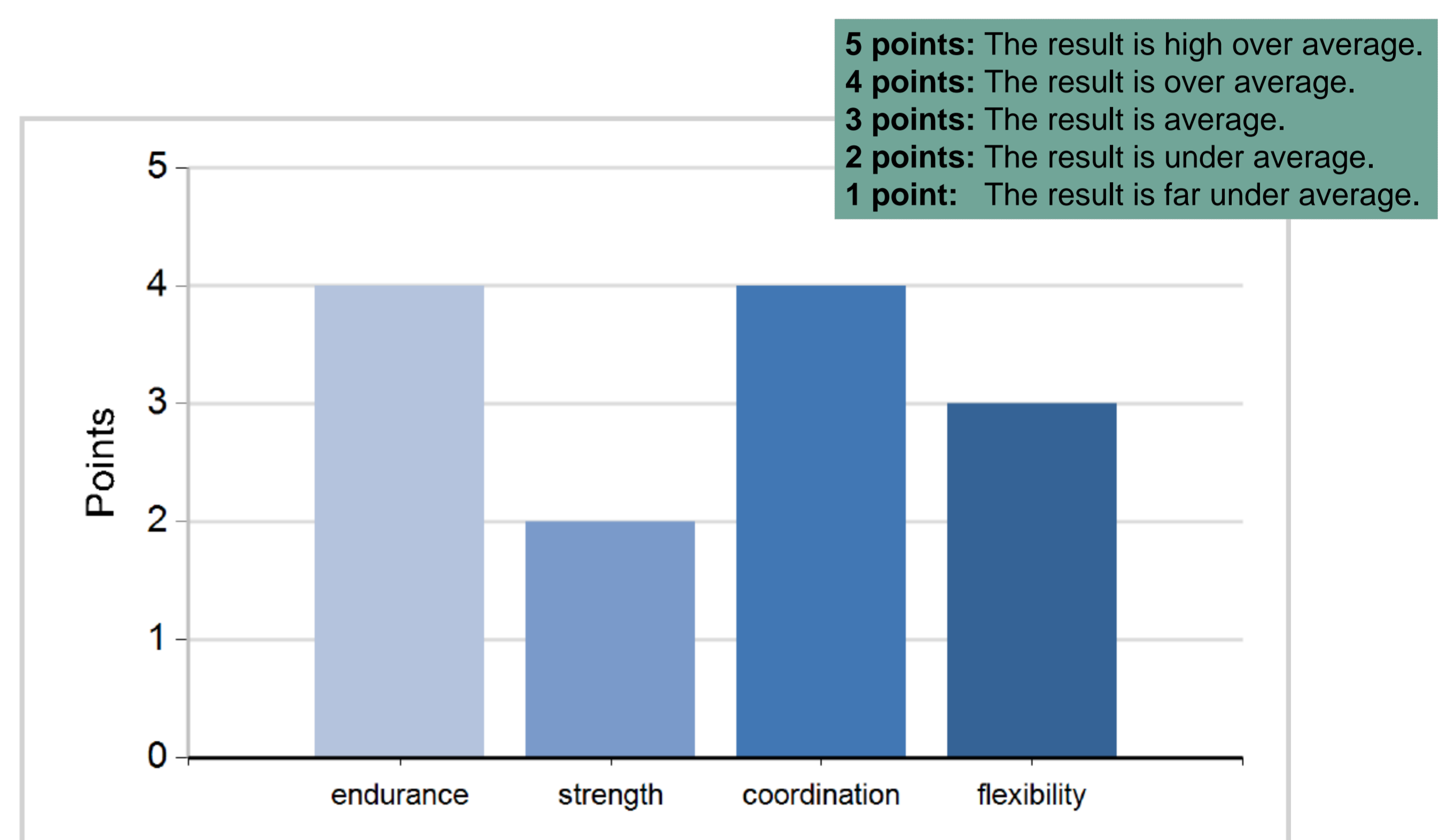


Fig. 2: Individual feedback about specific fitness dimensions.

### Research

At Karlsruhe Institute of Technology (KIT) the exercises were tested for feasibility, objectivity and reliability.

Test evaluation is carried out with a specifically developed software and database.



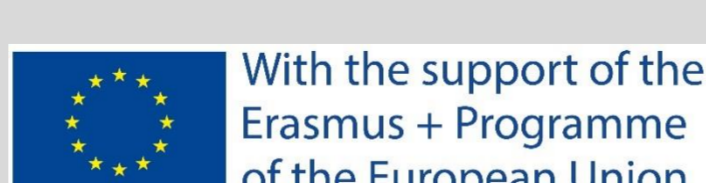
Fig. 3: Catch the Badge!

**Homepage:** [www.fitness-badge.eu](http://www.fitness-badge.eu)

The European Fitness Badge is a development of an international consortium of 7 European organizations.

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Partner: Sports organizations and Universities from Belgium, Denmark, Germany, Austria and Spain  
Project leadership: Prof. Dr. Klaus Bös (KIT)  
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Lead partner: Erasmus+ programme of the European Union



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