

FAQs EFB → valid for all countries

1. The project

1.1. What's the European Fitness Badge?

The European Fitness Badge (EFB) is an award with the aim of promoting a healthy fitness level. You can reach three different levels: Basic, Advanced and Approved.

1.2. I have never heard of the EFB, is it a new fitness badge?

The EFB is still in progress of improvement. It was developed from 2015 to 2017 by a group of organizations around Prof. Dr. Klaus Bös and Prof. Dr. Walter Brehm. The official start was in June 2017. It is a European program and is funded through the Erasmus+ programme. Right now the project is in its second phase of funding for further improvement.

1.3. What's the scientific background of the EFB?

The EFB is based on two motor test profiles. You can read more [here](#).

1.4. Who is the project leader of the EFB?

The project coordinator is "Deutscher Turner-Bund" under the direction of Pia Pauly.

1.5. How did the EFB got developed and financed?

The project is financed in two conveying phases of the European Union by the Erasmus+ programme.

1.6. What makes the EFB different from other badges?

The EFB is not a sport specific test, it is about the general state of physical fitness. It is more appealing for everyone because it is not about skills in a specific sport.

1.7. What's the aim of the EFB?

The purpose of the EFB is to motivate people to a more active lifestyle through training and sports. It provides incentives for people to improve their personal fitness level. The Fitness Badge as a common instrument allows the comparison of fitness levels between European countries.

1.8. How many people have participated the EFB in Europe?

You can check actual numbers on the [homepage](#).

1.9. What are the benefits / advantages of the EFB?

The aim of the EFB is to motivate people to a more active lifestyle. Find more benefits and advantages [here](#).

2. For Participants

2.1. When is the next EFB event in my region?

The current dates are on our homepage or you can ask at your local sports club.

2.2. Who can participate in the EFB?

Everyone who is older than 18 years is welcome to participate.

2.3. How do I get my EFB?

Inquire yourself at your local sports club about the next date to join the test. If your local sports club does not know the EFB yet, they can join a congress to certified instructors in EFB.

2.4. How can I train for the EFB?

There is no need for training ahead of the test. The aim of the test is to find out your personal health and related fitness level.

You can look into the test items [here](#).

2.5. How often can I take the EFB?

You can take the test as often as you want. We recommend repeating the test once a year in order to monitor one's development with respect to strengths and weaknesses, and to stay motivated.

2.6. Where can I see the complete overview of the performance requirements?

Basic [here](#).

Approved and Advanced [here](#).

2.7. How can I sign up to join an event?

It depends on what event you want to join. It is recommended you ask the organizer.

2.8. I signed up for the EFB but cannot participate. Do I have to sign out?

Yes, so it is easier for the organizer to plan the event. But registration depends on the event. Please contact your organizer directly.

2.9. What happens if my event is cancelled?

On our homepage you can find more events to participate in. If there are too many or too few participants, there will be a new opportunity soon.

2.10. What do I have to bring to the EFB?

You should bring sports clothing, something to drink (water) and glasses if you need them.

2.11. Which clothes are appropriate?

For test profile 1 normal clothing is fine, for test profile 2 you will need sports clothing.

2.12. How much does it cost to participate in the EFB?

The costs depend on the event. Please ask the organizer.

2.13. Is catering offered?

The catering depends on the event. Please ask the organizer.

2.14. Where are the tests?

Normally inside the gym halls, but it depends on your location.

2.15. Is the EFB also available for people with disabilities?

The test has no version for people with special needs, but there is an alternative in each category. That means there is the possibility to fulfil one task in each category. It depends on the type of the disability. For more information, please contact the organizer or coach directly.

2.16. Do I have to decide in advance which test profile I would like to do?

This depends on the event. There are two test profiles in which you can reach three different levels of physical fitness. With test profile 1 you can only reach the Basic level. With test profile 2 you can reach Advanced and Approved. If your event offers both Test profiles, you can decide from your own assessment, from the assessment of the coach, or from the result of the activity questionnaire (profile 1: for less active people, elderly people and profile 2: for active people),

2.17. When can I not participate in the test?

There is a questionnaire in the beginning of the test designed to prevent unpredictable health risks. If you answer one of the questions with “yes”, please inform your coach.

2.18. I do not speak the language, is a participation in English possible?

Yes, it is possible. But please talk to the organizer or coach before.

2.19. What shall I do if I don't receive an email with my certificate?

If you do not receive an email within two weeks, please contact your instructor or organizer. If this is not possible you will find a contact [here](#).

2.20. How long do I have to wait for my results?

This depends on the event or the instructor. He will let you know after participating in the test. Uploading the data only takes a few minutes.

3. For EFB Instructors

3.1. What are my benefits in being an EFB Instructor?

The EFB is a new instrument to evaluate health related fitness. Since there is a current discussion about how important health, fitness, and activity are, you as an instructor can enter that debate with evidence-based health related training. So, you can add value to your membership of a sports club.

3.2. How can I become an EFB Instructor?

There are several trainings. You can find the next trainings [here](#).

If there are more people of your club who are interested in becoming an instructor, you can ask for an inhouse-training.

3.3. What are the prerequisites I need to become an instructor and what costs do I have to expect?

You need special training. You can find dates [here](#).

Sometimes it is already part of your sports education. You can get more information about this in your local sports club.

3.4. How long is the instructor license valid and how can I renew it?

There is no expiration date, but we recommend repeating the training after three years in order to learn about new developments. The Codes for the use of the Online Data Platform are valid for three years only. After that time you need to contact your organisation.

3.5. Can I also do the test in my club without an instructor license?

No, because you will not have access to the Online data platform.

3.6. I have acquired my license in another country, am I still able to be an instructor in my country?

Yes, the license can be used throughout Europe.

3.7. Can I execute the EFB with my instructor license in all project countries?

Yes, because it is a European license.

3.8. I want to send the certificates of my participants via e-mail. However, it does not seem to work. What can I do?

Do not panic, the data is on the platform for 90 days.

For such problems, there is a "first aid kit": First, the spelling of the e-mail address should be checked. If that makes no difference, the next step is to make sure that the documents are sent one after another. Without success, the next step would be to repeat the procedure the following day. If you are still without success you can try to send the data in another language.

If this still does not work, please send a screenshot to the organization of your country, with the data of the participant, as well as the E-Code. They will help you with a technician to solve the problem.

We also recommend the use the handout (link as soon as available integrated here). You can edit it individually for your event.

3.9. How do I organize the step test?

Before the participants have reached three minutes, you have to check that they change legs after every step. They do not have to change legs after 3 minutes.

3.10. Step test: When do my knees do not need to be fully stretched?

Your knees have to be fully stretched the whole time.

3.11. How do I set the height for the step test?

Normally it is two steppers above each other. A good alternative is to use a normal gymnastic bench. A higher step is recommended for younger participants to reach the maximum score, because the height of the step influences the result.

3.12. Is there a short version of the Step-audio files for test profile 1?

Yes, please ask your instructor.

4. Test items

4.1. What is a test profile, and which are there?

A test profile is a classification of test items in two different levels. With test profile 1 you can reach the Basic level and with test profile 2 you can reach level Advanced or Approved.

4.2. Why were motor tests chosen as test items?

Motor tests show the health-related fitness and not the sports specific skills.

4.3. Which test items are carried out in the EFB?

You can find the test items [here](#).

4.4. Who selected these test items?

The test items were chosen by an international group of scientists under the direction of Prof. Dr. Klaus Bös and Prof. Dr. Walter Brehm. You can find more information [here](#).

4.5. How many attempts do I have per test item?

This depends on the task. For example, all maximum tests like the step test and plank test are performed only once. For other tests such as the walking backwards test we recommend three repeats.

4.6. Why is test profile 1 not differentiated between men and women?

Test profile 1 is a function-oriented test profile which checks the Basic Fitness. Basic fitness is independent of gender, that means the norm values are comparable. One exception is the Sit & Reach test, which differentiates between men and women. The standards between the sexes in the Sit & Reach test are very different. Despite distinction, women still perform better. During the push-up test it is the other way around. That is why the gender differences are balanced again.

4.7. I do not have a Balance Beam on-site. How can I replace it?

You can either order it online or you can build one. You can find the instructions in the EFB manual on page 77. You can download the manual [here](#). Or you can buy the Balance Beam directly with [Benz](#).

4.8. What is the ABSI?

A Body Shape Index (ABSI) is a new measure of risk associated with waist circumference. ABSI is designed to be use together with the BMI, not to replace it. The ABSI score provides an information on your body composition, especially on the health risk of your abdominal fat distribution. It displays your proportion between abdominal fat, height and weight. A higher health risk with more abdominal fat in relation to the weight is scientifically proven.

You can find more information on the ABSI [here](#).

4.9. I'm injured and cannot perform a certain test item, what can I do?

It depends on the category, with most offering different tasks. This allows you to choose an alternative task within the category. In each category you have

to participate in one task. The more tasks you perform, the more differentiated is your feedback. Please talk to your instructor about your injury before the test takes place.

- 4.10. Can I have an insight into the reference values of my age group?
No, because it is an individual test. Your results are automatically compared in the online data platform with a peer group of your age and gender.
- 4.11. Why did you choose these tests?
The goal is to comprehensively assess the fitness level. It was also important to have easy tasks which are understandable and have reference values for all ages.
- 4.12. I do not want to get measured for height, weight and waist circumference. Is that OK?
Yes, but there will be no BMI and ABSI calculated. We recommend measuring yourself to give you a comprehensive feedback.
- 4.13. Why is Plank only an additional measurement?
Plank is a new test item and we wanted to integrate it into the EFB. By generating the previous data and analyzing it, we recognized that the test shows gender differences but not age differences. It shows no correlations with other force tests or other tests of the EFB. The project team decided to continue performing Plank, but we integrated the feedback as an additional measure of body stability.

5. The EFB Online Data Platform (ODP)

- 5.1. What is the online data platform (ODP)?
The online data platform collects all anonymized values to determine comparisons and reference values.
- 5.2. How can I enter data into the ODP?
You can watch the [video](#) on our Homepage
- 5.3. What is the difference between an E- and a T-Code?
You need an E-Code to execute an event, it is an event code. The T- Code is a so-called Test-Code which is used during the education training. With this code, the data will be used to calculate statistics or indexes. It should not be used for real events and the E-Code should not be used for unreal values.
- 5.4. What is the A-Code?
It is the Assistant-Code and only can be activated and assigned through the E-Code owner. The A-Code gives you access to enter the data into the ODP during or after an event.
- 5.5. Which calculations are done by the ODP?
The ODP calculates the fitness level of the participants. You have to put all the data online. They will be evaluated and will show a BMI and ABSI score. Furthermore, it compares the data to the reference values and put them in

relations to each other. Thereby, every participant receives an individual feedback.

5.6. What is the difference between test profile 1 and 2 in the ODP?

Test profile 1 is role-based and test profile 2 is achievement-oriented. The evaluation for test profile 1 is the same for everyone and not dependent of age or gender. The evaluation of test profile 2 is dependent of age and gender. If a 20-year-old and a 40-year-old person have the same results, they will still achieve different levels.

5.7. How do I round up or down decimal places when entering results to the ODP?

You round to one decimal place after the comma. If there is no possibility for a decimal place, it should be rounded up from 0,5.

5.8. A participant is injured on one of his arms and cannot perform the push-up test. As a test instructor, what do I enter into the ODP?

You just do not put a number in the space for push-ups. Do not put a zero. The participant has to perform one of the tests in the same category to get a rating.

5.9. My event is more than 90 days back in time, why can I not produce more certificates and cannot see my data?

The data becomes anonymous after 90 days.

5.10. As an instructor I want the anonymised data of my participants. Where can I get these?

You need to contact the M-Code holder of your country to get anonymised data of your participants.

5.11. Is there a possibility to print the certificate after more than 90 days?

No, because the data will be anonymised because of data protection reasons after 90 days.

5.12. I do not have the ABSI on my results, why?

There is no ABSI if you estimate your measurements or if there is no waist size. Also, sometimes it is more logical to calculate a BMI since the ABSI is a really new alternative which is still developing.

5.13. Will my results be falsified if I do not perform a test?

No, but we recommend completing two tests per category to get a comprehensive result. You have to complete at least one test per category.

5.14. I need the station cards and the step audio for the execution. Which documents can I download on the ODP?

You can find the station cards [here](#) or you can download them with the access of an instructor. The audio is only possible to download on the ODP.

6. Execution

6.1. I want to do the EFB with my club / company, who can I contact?

Please contact one of our project partners which you can find on our [homepage](#).

6.2. What financing options are there for a sports club?

Sports clubs can start to cooperate with health-conscious companies or insurances. There are a few cooperation schemes with companies already.

6.3. Is it possible to carry out the EFB directly in a company?

Yes, it is no problem for test profile 1. Test profile 2 needs enough space and participants have to bring sports clothing. If your company is interested, you can [contact](#) your national organization for more information.

6.4. Considering the ratio of benefits and expenses, is it worth for my company to do the EFB?

Yes, you can offer to test the EFB during health and preventions days. Through the participation of your employees, they will learn about their current fitness level. The individual feedback will lead your employers to more health, efficiency and it can improve the well-being of your employees.

6.5. How much time do I have to expect when performing the EFB?

This depends on the event and on how many people are participating in the test. For more information contact your organizer. Approximately performing all test items and getting your counselling feedback it takes around 30-40 minutes.

6.6. Can I execute the EFB at events too?

Yes, participants do not need any preparation for test profile 1. To execute test profile 2, the participants need to bring sports clothing.

6.7. What materials do I need for the implementation?

You will need the materials according to the test profiles. These are stated in the manual starting on page 65. Download the manual (Handbook for instructors) [here](#).

7. Data protection

7.1. Now I got the health questionnaire and declaration of consent filled out by my participants. What needs to be done with these documents after execution?

You need to keep the questionnaires in a safe place for 90 days. After the 90 days you need to destroy them.

7.2. Is it allowed to forward my data to a third party?

No.

7.3. Do I have to expect advertising or similar via email?

No, we only use the email to send your results to you.

7.4. What happens with my data? What about protecting my data?

Your personalized data will only be used to create your certificate. After that they are anonymous. These will be used for statistical purposes and scientific calculations. Backtracking is not possible.

8. Others

8.1. Where can I get more background information about the EFB?

You can find more information on our [homepage](#).

8.2. Who can I contact for further questions?

You can use the contact on our [homepage](#).

8.3. Do I have advantages at my health insurance when performing the EFB?

This depends on your health insurance. If you need a stamp or a signature, ask your instructor after participating in the test. You might have to hand in the certificate.

8.4. How am I insured during performing the EFB?

This depends on the event and on the organisation. Normally you participate at your own risk.

8.5. Can I participate in the development of the EFB?

Yes. Best way to start is to promote the EFB.

8.6. I have ideas or comments about the EFB. Whom can I contact?

Your instructor directly or via email [here](#).