

FAQs

1. The Project

1.1 What is the European Fitness Badge?

The European Fitness Badge (EFB) is an award for a health-promoting fitness status and is awarded in three stages: Basic, Advanced and Approved.

1.2 I haven't heard of the EFB yet, is the badge new?

Yes, it is. It was developed from 2015 to 2017 and officially launched in June 2017.

1.3 What is the scientific basis of the test?

The EFB was developed by a group of researchers led by Prof. Dr. Klaus Bös and Prof. Dr. Walter Brehm. The EFB is based on two test profiles. Read more about this [here](#).

1.4 Who is the sponsor of the EFB?

The project sponsor and project coordinator is the German Gymnastics Federation under the leadership of Pia Pauly in the Sport for All department.

1.5 How was the research financed?

It is a European project and is funded by the EU programme Erasmus+. The first funding phase ran from 2015 to 2017 and aimed to develop the EFB. The second funding phase until the end of 2019 aimed at further improvement dissemination.

1.6 What makes the EFB better than other badges?

The EFB is not a sports specific test, but a general assessment of physical fitness. This makes the badge more attractive to more people as it is not dependent on skills in specific sports.

1.7 What are the benefits of the EFB?

It is designed to motivate people to adopt a more active lifestyle and thus to encourage more people to engage in physical activity, sports and training. The badge also provides an individual classification of the fitness dimensions endurance, strength, coordination and flexibility in terms of age and gender. Find out more [here](#).

1.8 How many people in Europe have participated in EFB?

You can see the current figures on our [homepage](#).

1.9 What is the goal of the EFB?

The EFB aims to motivate people to an active lifestyle with training, sport and exercise. In addition, it should give incentives to continue an active lifestyle and

to maintain or improve the fitness level. Finally, the EFB aims to promote a rapprochement between European countries through a common fitness badge.

2. For Participants

2.1. When is the next test in my area?

You can find current dates on our [homepage](#) or ask at your local sports club!

2.2. Who can participate in the EFB?

Anyone at the age of 18 years or older can participate in the EFB.

2.3. How do I get my EFB?

Ask your sports club about the next date for an EFB instructor training. If your club does not know the EFB yet, this is not a problem. You can ask the [contact](#) of your country for information about instructor trainings or search for more events [here](#).

2.4. How can I train for the test?

The test is an inventory of health-oriented fitness, no special training is required. An overview of the test items can be found on the picture cards in the handbook ([here](#)).

2.5. How often can I take the test?

As often as you like. Our recommendation is to repeat the test once a year in order to check the development of strengths and weaknesses and to remain motivated.

2.6. Can I compare my test results if I take the EFB again?

Yes, by giving the test ID of the first test, which can be found on the evaluation sheet, the new and old test results can be compared.

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

Test profile 1 [here](#).

Test profile 2 [here](#).

2.8. How can I register for an event?

This depends on the type of event, please contact the organizer directly.

2.9. I have registered for the EFB but cannot participate. Do I have to cancel my registration?

Yes, this would be very helpful for planning the event. Please contact the organizer of the event.

2.10. What happens if my event has to be cancelled/ has too few or too many participants?

On the homepage you will often find events where you can execute the EFB. Once all places have been taken or too few participants have registered, you will certainly find the next possibility soon.

- 2.11. What do I need to bring to the test?
Sportswear, something to drink (preferably water) and reading glasses, if necessary.
- 2.12. What clothing is appropriate for the test?
For test profile 1 you can wear normal everyday clothes, for test profile 2 sportswear is helpful.
- 2.13. How much does the participation cost?
The costs depend on the type of event. Please contact your organizer for more information.
- 2.14. Is catering offered?
This depends on the event. Please contact your organizer for more information.
- 2.15. Where do the tests take place?
Depending on the event, mostly in a gymnasium or sport hall.
- 2.16. Is registration necessary?
Registration depends on the type of event. Therefore, you have to inform yourself directly at the organizer.
- 2.17. Is the EFB also available for people with disabilities?
The EFB does not have an adaptable version for people with disabilities, but there are alternative test tasks in every dimension (endurance, strength, coordination), so that participation is usually possible depending on the degree and type of disability. The best way to do this is to contact your instructor or the organizer directly.
- 2.18. Do I have to decide beforehand whether I want to do the level Basic, Advanced or Approved and how do I decide correctly?
This depends on the type of event. There are two test profiles with which you can reach the three levels. With test profile 1 you can reach the Basic Level, with test profile 2 the Levels Advanced and Approved.
If both test profiles are offered at an event or in your club, you can either choose the test profile according to your own assessment (test profile 1 for less active, elderly people; test profile 2 for active people), according to the instructor's assessment or according to the result in the activity questionnaire.
- 2.19. When can I not take the test?
At the beginning of the test, you will complete a Physical Activity Readiness Questionnaire (Par-Q). This serves as a basis and safeguard to rule out any unforeseeable health risk. If you answer "yes" to any of the questions, please let your trainer/instructor know. He or she will then discuss with you whether and under what conditions you can participate.
- 2.20. Is there a statistic of all test results with which I can compare myself?

No, because it is an individual test. Your results are automatically compared by the online data platform with the comparison group of the same age and sex.

2.21. What can I do if I do not receive an email with my certificate?

If you do not receive an email within two weeks, please contact your instructor directly. The contact should be on a handout. If you do not have any contact, please contact the responsible organisation in your country.

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

This depends on the event or your instructor. He/She will certainly tell you after the event.

The data input into the ODP does not take more than 1 minute per participant and results can be generated automatically.

3. For Instructors

3.1 Why should I become an EFB Instructor?

The EFB is a new instrument for recording health-oriented fitness. Health, fitness and activity are terms which are constantly being discussed and which have become indispensable in sports clubs. With the EFB, you as instructor and the club as organizer can submit a new innovative offer to the members. Why don't you hold an EFB Action Day every year and use the results to show which offers in your club would suit which participant?

You can have the test results evaluated and design the training accordingly. You can offer and carry out the EFB in your association to convince and motivate inactive people for a more active lifestyle.

As an instructor you make yourself a valuable member for the club.

3.2 How can I become an EFB Instructor?

Through appropriate regional training courses. If you are a large club and are interested in training several instructors, you can also ask for an in-house training.

The next training courses can be found [here](#).

3.3 What are the requirements to become an instructor and what are the costs?

A special training is required for this. These usually take place for half a day. Dates can be found [here](#).

The training also finds its way into some training courses for trainers. Please contact your regional association for more information. The costs depend on your country and the responsible organisation.

3.4 How long is my instructor license valid, how can I extend it?

The license does not expire, but we recommend repeating the training after three years in order to take current developments into account. The codes for the online data platform are valid for three years. You must then contact the organization where you attended the training.

- 3.5 Can I execute the test in my club without being an instructor?
 No, as you do not have access to the EFB online data platform developed in-house. See 5.1.
- 3.6 I have acquired my instructor license abroad. Is it also recognized in my country?
 Yes, it is, because it is a European standardized license.
- 3.7 Can I execute the EFB with my Instructor License in every project country?
 Yes, because the license is the same in all countries.
- 3.8 I would like to send the certificates of my participants by e-mail. However, this does not seem to work. What can I do?
 First of all, don't panic. The data are saved on the platform for 90 days, as long a certificate can be created.
 For such problems there is a "First aid kit": First the spelling of the email address should be checked again. If this does not change anything, the next step is to send the certificates one after the other. Without success, the next step would be to repeat this the next day. Finally, you can try to see if it is possible 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 participant's data and the E-Code. There the technician will take care of the problem.
- 3.9 How do I perform the step test?
 From minute 3 the leg movement does not have to be alternated any more. Until then, the instructor must make sure that the legs are alternated.
- 3.10. When do the legs no longer have to be fully stretched during the step test?
 The legs must always be stretched on the stepper.
- 3.11. How do I determine the height of the step bench during the step test?
 A recommendation for the step height can be found in the manual. For test profile 1, a height of 25 cm is recommended, which corresponds to a normal stepper. A step height of 30-40 cm is recommended for the target group of test profile 2. Two steppers on top of each other result in the appropriate height. A good alternative is a gymnastics bench (approx. 35cm high). Older participants often use a lower step height. For younger participants, a higher step (>30cm) is recommended so that they can achieve the highest score. This is because the step height has an influence on the result of this test.
- 3.12. Is there a short version of the step audio file for test profile 1?
 Yes. Please ask your responsible instructor.

4. Test Items

- 4.1 What is a Test Profile and which ones are there?

A Test Profile is a classification of test items into two different levels. With the Test Profile 1 you can reach the EFB Level Basic. With the Test Profile 2 you can reach the EFB Levels Advanced and Approved depending on your performance.

4.2 Why were motor tests selected as test items?

Since these represent the general health-oriented fitness and not the sport specific skills.

4.3 Which test items are carried out in the EFB?

The test items can be found in the [handbook](#).

4.4 Who selected the test items?

The test items were selected by an international group of scientists led by Prof. Dr. Klaus Bös and Prof. Dr. Walter Brehm. More details [here](#).

4.5 How often can I repeat a test item?

That depends on the test item. For example, maximum tests such as the step test or push-ups should only be performed once, whereas three repetitions are possible at the walking backwards test. However, the instructor knows this.

4.6 Why is there no difference between men and women in test profile 1?

It is a function-oriented test profile that tests the basic fitness. It is independent of gender, i.e. the standard values are comparable. An exception is the Sit & Reach test, where a distinction is made between men and women. The norms between the sexes differ greatly. Despite this distinction, women still perform better. In the push-up test, the opposite is true: men do better on average. This balances out the gender differences.

4.7. I don't have a Balance Beam on site. How can I replace it?

You can either order it or build it yourself. You can find instructions on how to do this in the manual on page 77, which can be [downloaded](#) from the website. Direct order via [Benz](#).

4.8 I am injured and cannot perform a task, what now?

Depending on the dimension (endurance, strength, coordination or mobility) there are different test tasks that can be used as alternatives. At least one test item per dimension must be performed to pass the test successfully. The more test items are performed, the more differentiated the result will be regarding your individual fitness. Please discuss this with your instructor in advance.

4.9 Why were these tasks selected for the measurement?

In order to record the fitness as comprehensively as possible. It was also important to select test items for this internationally used test that are easy to understand and that there exist reference values for adults of all ages.

4.10. I don't want to reveal my weight, can I perform the EFB without it?

Yes, but then no BMI can be calculated for you. We strongly recommend this for comprehensive feedback.

4.11. Why is the Planking just an additional measurement?

The Planking is a new test we wanted to integrate into the EFB. Through the analysis and evaluation of the previous data, it unfortunately became clear that the test does reflect gender differences, but not age differences. Moreover, it does not show any correlations with other strength tests or other EFB tests, but the project team decided to continue testing the planking test. Now it appears as an additional measurement of body stability and each participant receives detailed feedback.

4.12. Why is the ABSI no longer represented as a test?

The A Body Shape Index (ABSI) was in the test phase of the EFB as an alternative to the Body Mass Index (BMI), a measure of body constitution. In addition to body height and weight, the ratio to waist circumference plays an important role. In practice, problems have unfortunately arisen in the evaluation of the test. Thus, no general statement could be made. Therefore, the BMI will continue to be used in the future. As a supplement and in order to take the harmful visceral fat (abdominal fat) into account, the waist circumference is still measured but interpreted separately.

5. The Online Data Platform

5.1 What is the Online Data Platform (ODP)?

The ODP calculates the overall result from the results you have achieved and provides your certificate and individual feedback.
In addition, the data is stored anonymously for scientific purposes.

5.2 How does the input into the Online Data Platform work?

Learn more about this process on this [video](#).

5.3 What is the difference between an E-Code and a T-Code?

The E-Code is used for the execution of an event and means Event Code. The T-Code is used for testing in training courses. It is the so-called Test Code and is not used to calculate norms and statistics. It should not be used for real events, nor should the E-Code be used for unreal values.
Furthermore, there exists the P-code. This is the person code, which can be found on the left side of the certificate for each test person.

5.4 What is the A-Code?

The A-code gives the right to enter the data of an event into the ODP. It is also called Assistant Code and can only be activated and assigned by the E-Code owner.

5.5 What does the Online Data Platform calculate?

The online data platform calculates the fitness level of the participants. The data is entered online and compared with the norm values. BMI and waist circumference are calculated. The participants thus receive an individual and detailed feedback regarding their fitness status.

5.6 What is the difference between Test Profile 1 and 2 in the evaluation?

Test Profile 1 is function-oriented, Test Profile 2 is performance-oriented. The evaluation of Test Profile 1 is identical for all persons and does not depend on age or gender. Regarding test profile 2, the evaluation depends on age and gender. This means that a 20-year-old and a 40-year-old can achieve the same results and still achieve different ratings.

5.7 How do I round off the results when entering them into the online platform?

To one decimal place after the decimal point. If no decimal place is possible, it should be rounded up from 0.5 as usual.

5.8 A participant is injured and cannot do push-ups. What do I enter into the ODP?

Leave the field for push-ups empty (do not enter a zero, otherwise this is equivalent to a result!). However, the participant must have executed another test of the dimension strength in order to be included in the evaluation. This also applies to all other tests.

5.9 My event was more than 90 days ago, why can't I produce any more certificates and not see my data anymore?

The data can no longer be viewed for data protection reasons, as they are anonymised after 90 days. Therefore, no more certificates can be printed.

5.10. As an instructor, I would like to view the anonymous participant data of my event. Where can I get them?

You can get the data from the association where you were trained. Please contact the owner of the M-Code in your country.

5.11. How can I display a comparison page on the evaluation if a test person is tested repeatedly?

There are different possibilities here. On the one hand, you can copy the event of the first test completely if you want to test several test persons of one test again. To do this, mark the corresponding event and then click the "Copy Event" button. If you only want to test a single person again, you can enter the P-Code from the previous test into the name field instead of the name. The comparison page is then displayed at the end of each evaluation sheet.

5.12. Will my results be falsified if I do not complete a task?

No, but we recommend executing at least two test items in the dimensions strength and coordination to get a more comprehensive result. In addition, at least one test task must be performed per dimension.

6. Execution

- 6.1 I would like to carry out the EFB with my club/company, who should I contact?
All you need is a trained instructor. Please contact the contact person on the homepage. The contact for your country can be found [here](#).
- 6.2 What financing possibilities are there for the association?
In addition to the association's own financing, associations can also enter cooperation schemes with health-oriented companies or insurance companies. Some successful cooperation already exists in the EFB national countries.
- 6.3 Is it possible to carry out the EFB directly in the company?
Yes, Test Profile 1 can be carried out in companies without great effort. Test Profile 2 can also be carried out in companies if there is enough space. In addition, sportswear is strongly recommended.
- 6.4 Is the relation of benefit and effort worthwhile for my company?
Yes, you can offer the EFB to your employees as part of health and prevention days. By participating in the test, the current fitness status of the employees is determined, and the individual feedback can actively promote the health, performance and well-being of the employees. If you are interested, companies are welcome to [contact](#) the corresponding address for further information.
- 6.5 How much time do I have to expect for the implementation?
The time required for the event depends on the type of event and the size of the group. For more detailed information, please contact your organizer directly. Depending on the Test Profile, the event will take 30 to 60 minutes, including the counselling.
- 6.6 Can I also carry out the EFB at events?
Yes, Test Profile 1 is possible without any preparation of the participants and can therefore be carried out at any event. For Test Profile 2, the participants or visitors of the event should be informed about bringing sportswear.
- 6.7 What materials do I need for the event?
You will need materials according to the Test Profiles. These are listed in the manual starting on page 71. This manual is available for [download](#).
- 6.8 For the execution I need the picture cards and the step audio file. Where can I find them?
You can download and print the picture cards [here](#). The audio file can only be downloaded on the Online Data Platform with a corresponding code.

7. Data Protection

7.1 I now have the health questionnaire and privacy statement from my participants. What do I do with it after I have completed the testing?

You should keep these for 90 days in a safe place. After that time the data should be destroyed.

7.2 May my data be passed on?

No.

7.3 Do I have to expect advertisement or anything similar by mail?

No. Your email address will only be used to send your results.

7.4 What happens with my data? How is my personal data secured?

Your personal data will only be used for the creation of the certificate and individual feedback. Afterwards it will be anonymized. The anonymised data will be used for statistical purposes and for scientific calculations without any possible traceability.

8. Other

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

On our [homepage](#).

8.2 Where do the reference values come from? Are the current tests also included?

The reference values refer to the data of a representative study in Germany with several thousand persons.

Since the EFB tests are not representative, no reference values are created from the data of the current tests.

8.3 Where can I ask questions?

You can find the corresponding information at the [contact](#) on our homepage.

8.4 I was injured during the test, how am I insured? How am I insured during the test?

This depends on the event, the organiser and the location of the event. In general, you participate in the EFB on your own responsibility.

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

Sure. You can for example promote the EFB in nearby clubs, companies, cities, etc. Advertising material can be found in the [download](#) area of the homepage.

8.6 I have suggestions for improvement and/or ideas, who can I contact?

You can directly contact your instructor or send an e-mail to the [contact](#) address of your country.