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# MEASURING CHILDREN'S PHYSICAL FITNESS FOR SCHOOLS, PARENTS AND PAEDIATRICIANS

Gregor Starc

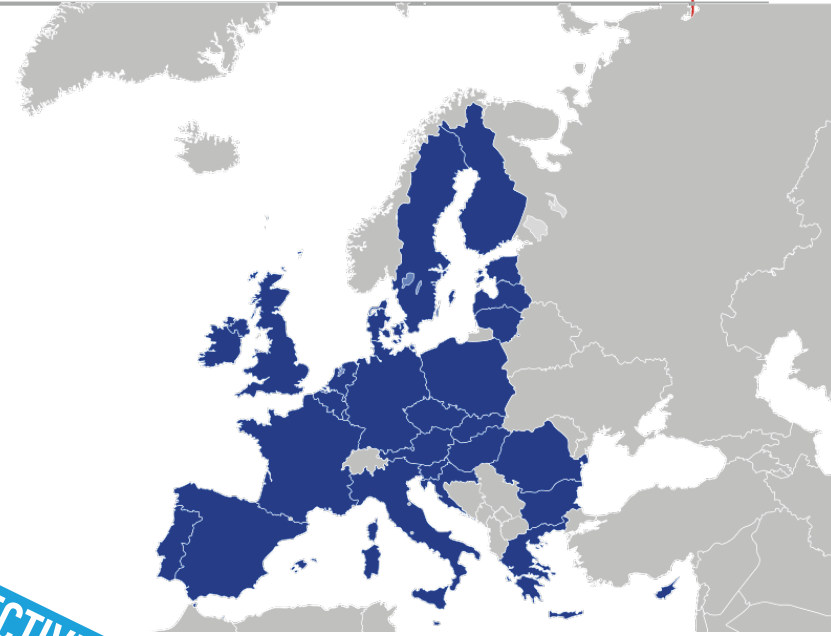
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[www.slofit.org](http://www.slofit.org)



# PHYSICAL FITNESS OF EU



**DIMINISHING OF CHILDREN'S HABITUAL PHYSICAL ACTIVITY**

**POOR PHYSICAL FITNESS**

**HIGH WORK ABSENTEEISM = HIGH NCD HEALTH BURDEN**

**LOW WORK EFFECTIVENESS = LOW ADDED VALUE**

**POOR KNOWLEDGE OF THE SITUATION**

**NO INTERVENTION = NO PROGRESS**

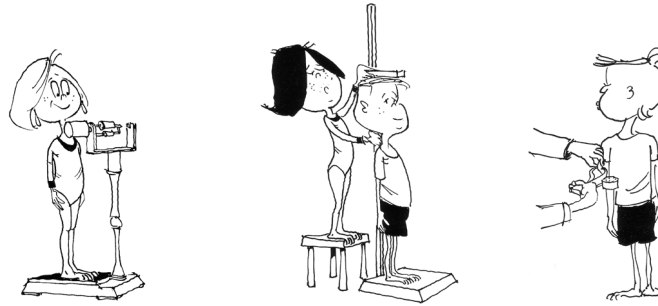
**POORLY INFORMED INTERVENTIONS & POLICIES = WASTE OF PUBLIC MONEY**

**HIGH-QUALITY SCHOOL PHYSICAL EDUCATION**

# WHAT IS SLOfit?

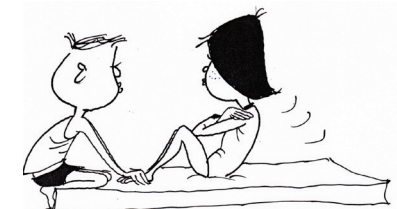
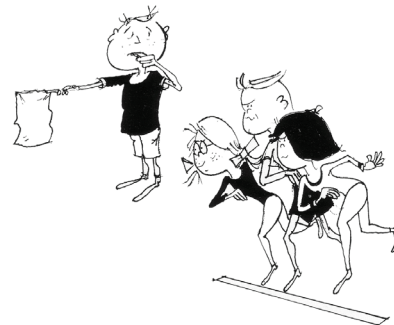
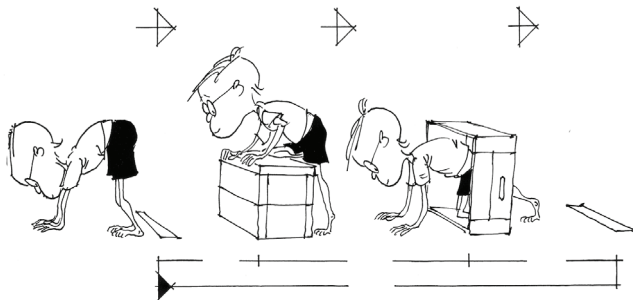
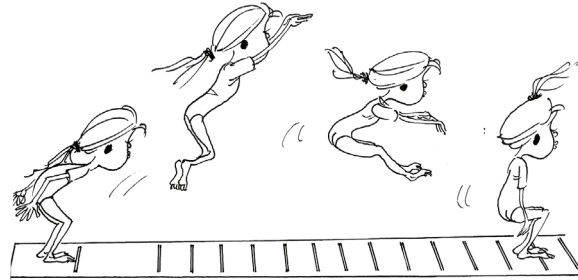
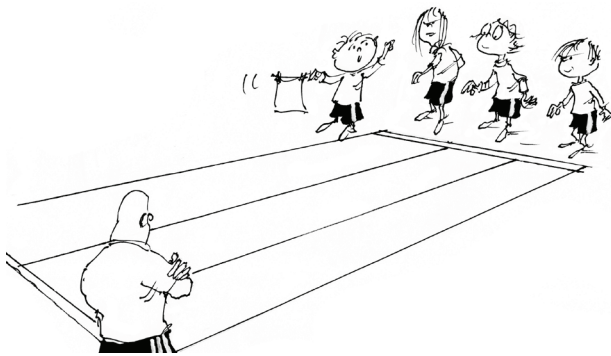
every April **REGULAR**

## 3 ANTHROPOMETRIC MEASUREMENTS

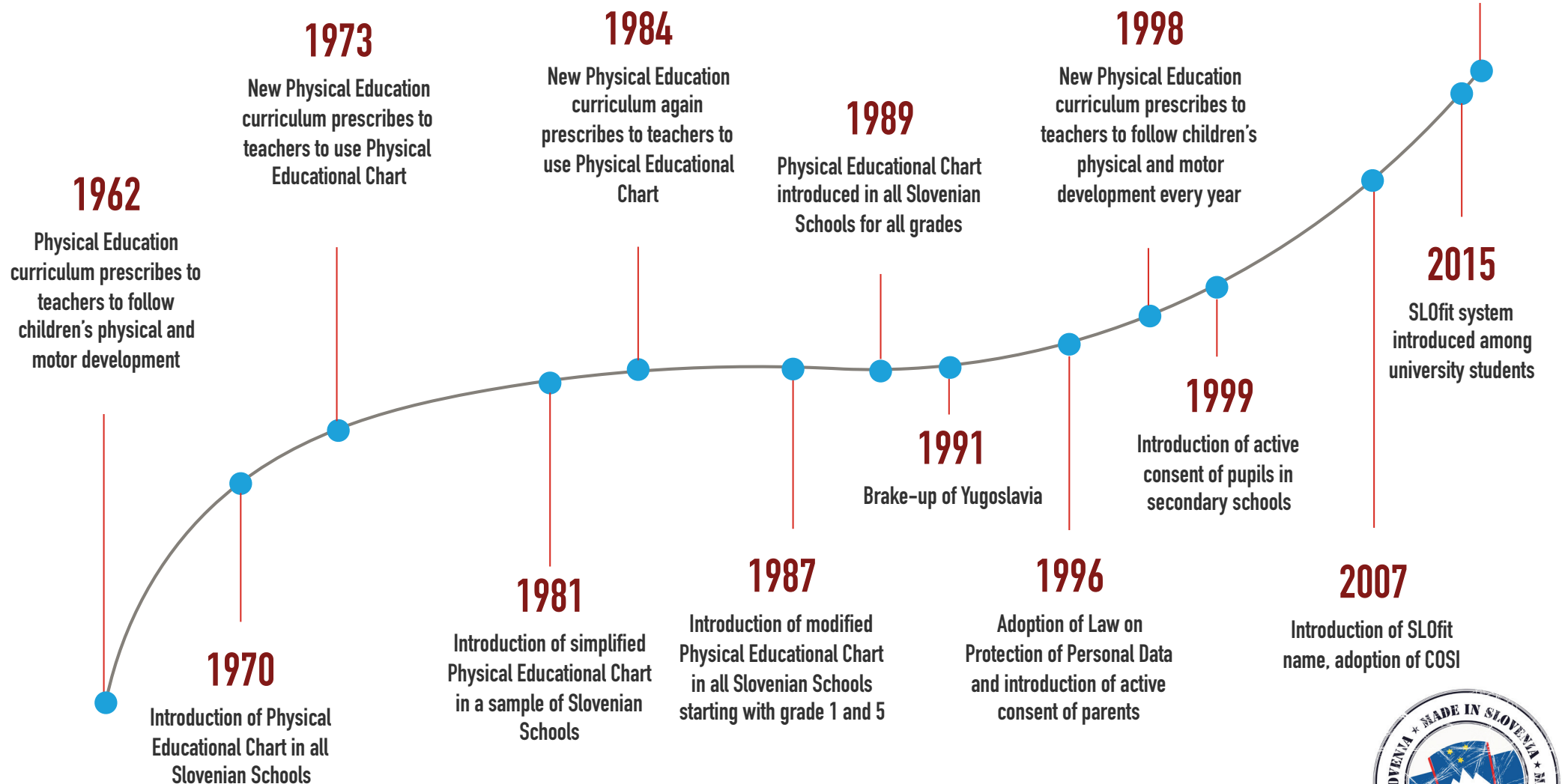


all Schools **INTEGRATED**  
one **UNIFORM** Protocole

## 8 FITNESS TESTS



# SLOfit MILESTONES

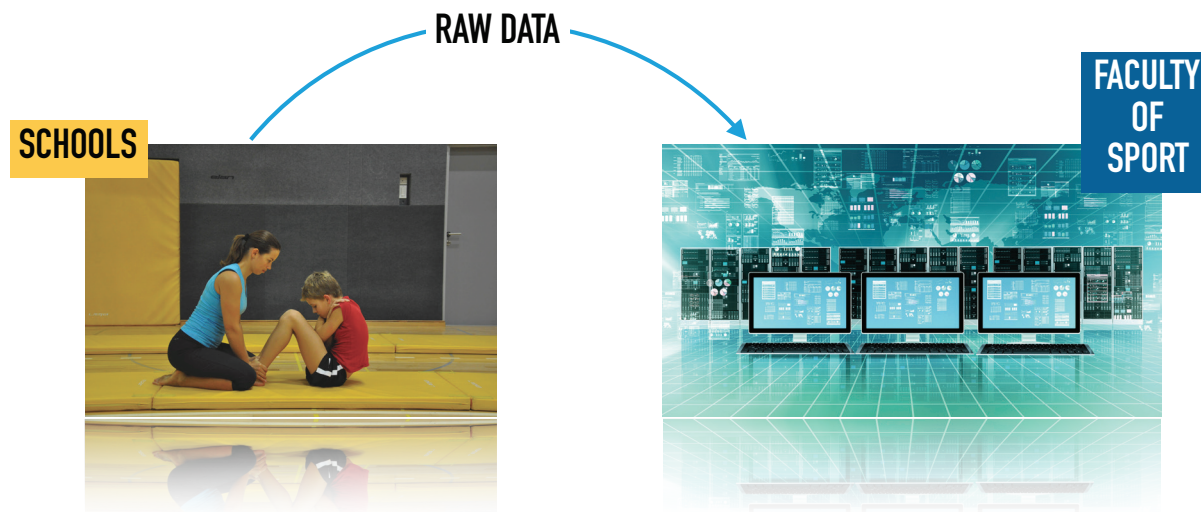


# ORGANISATION OF SLOfit

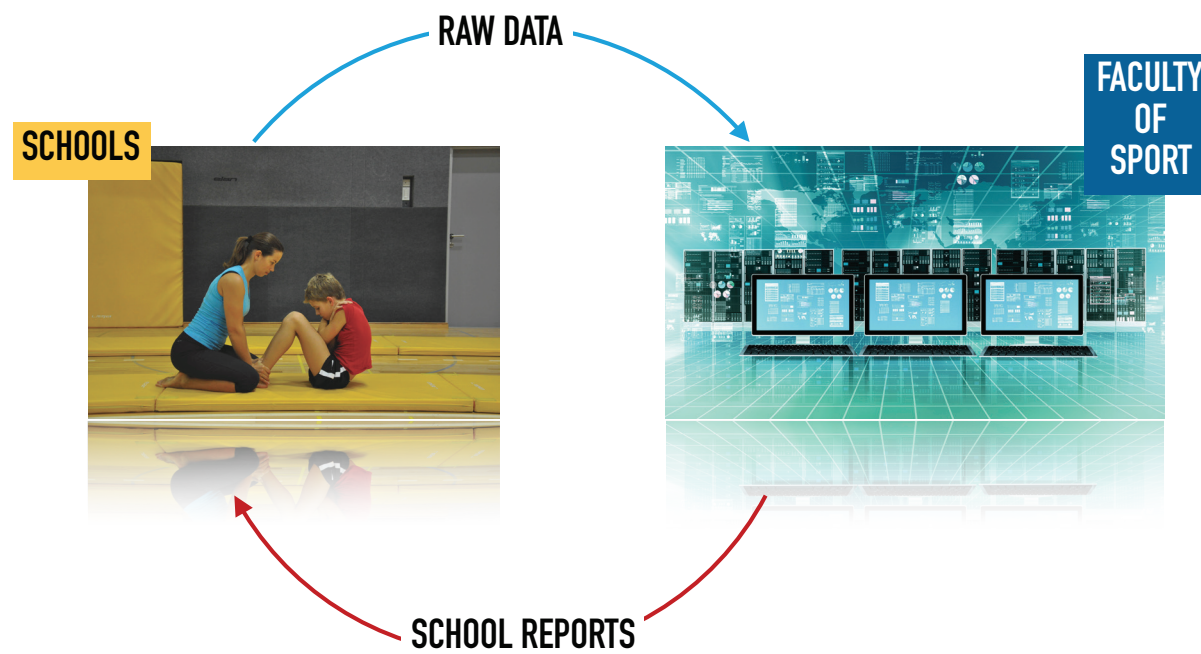
SCHOOLS



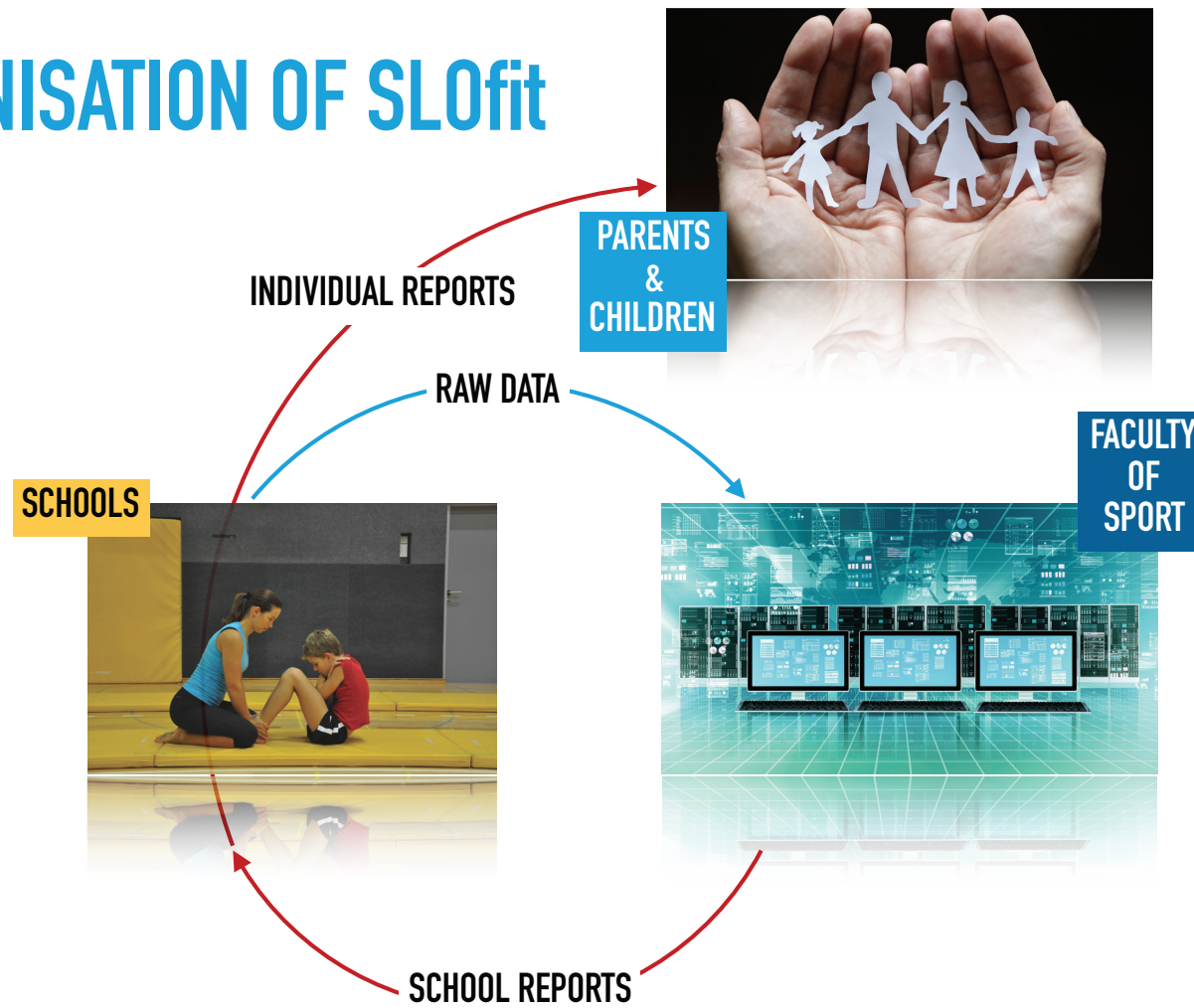
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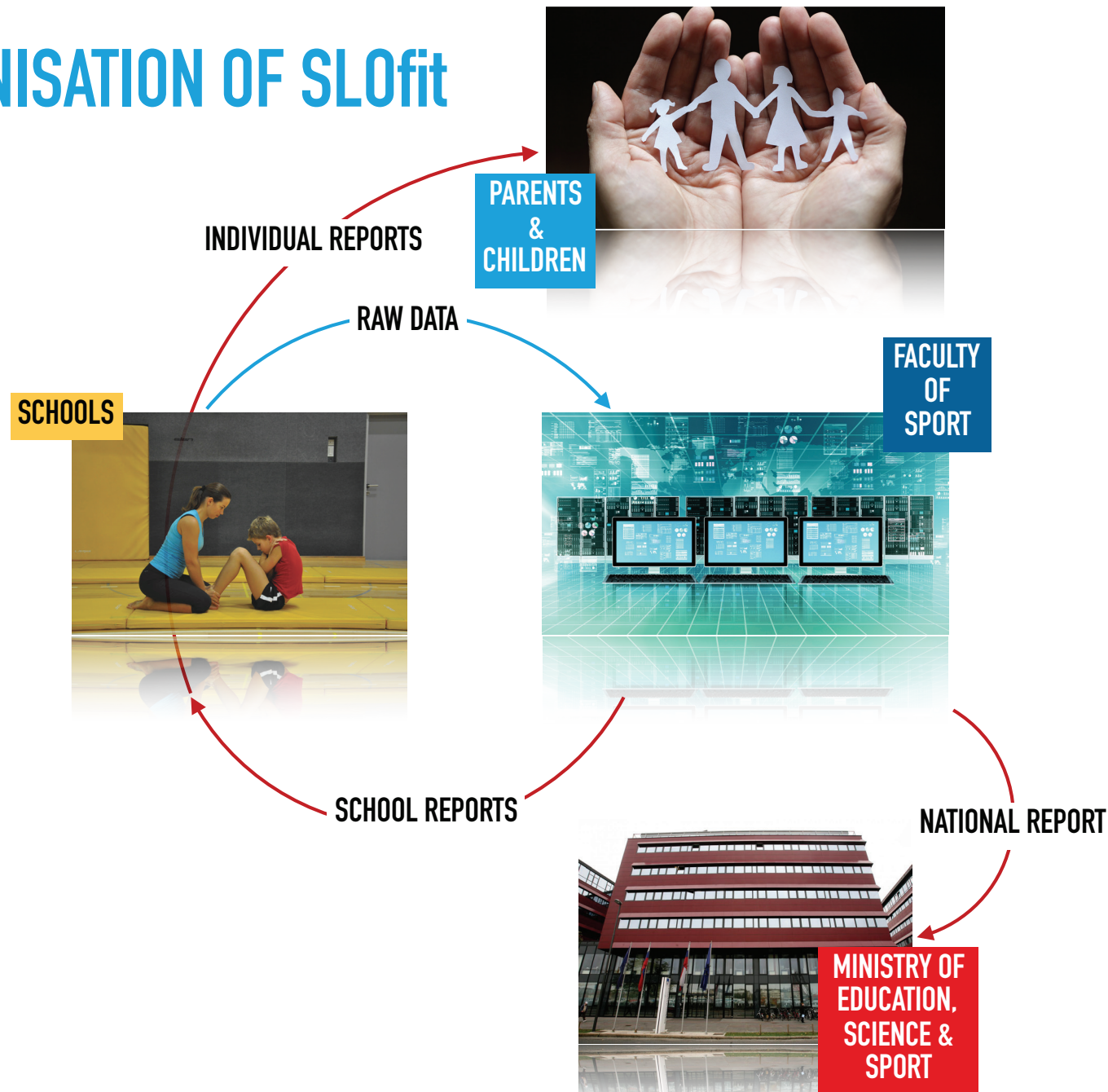


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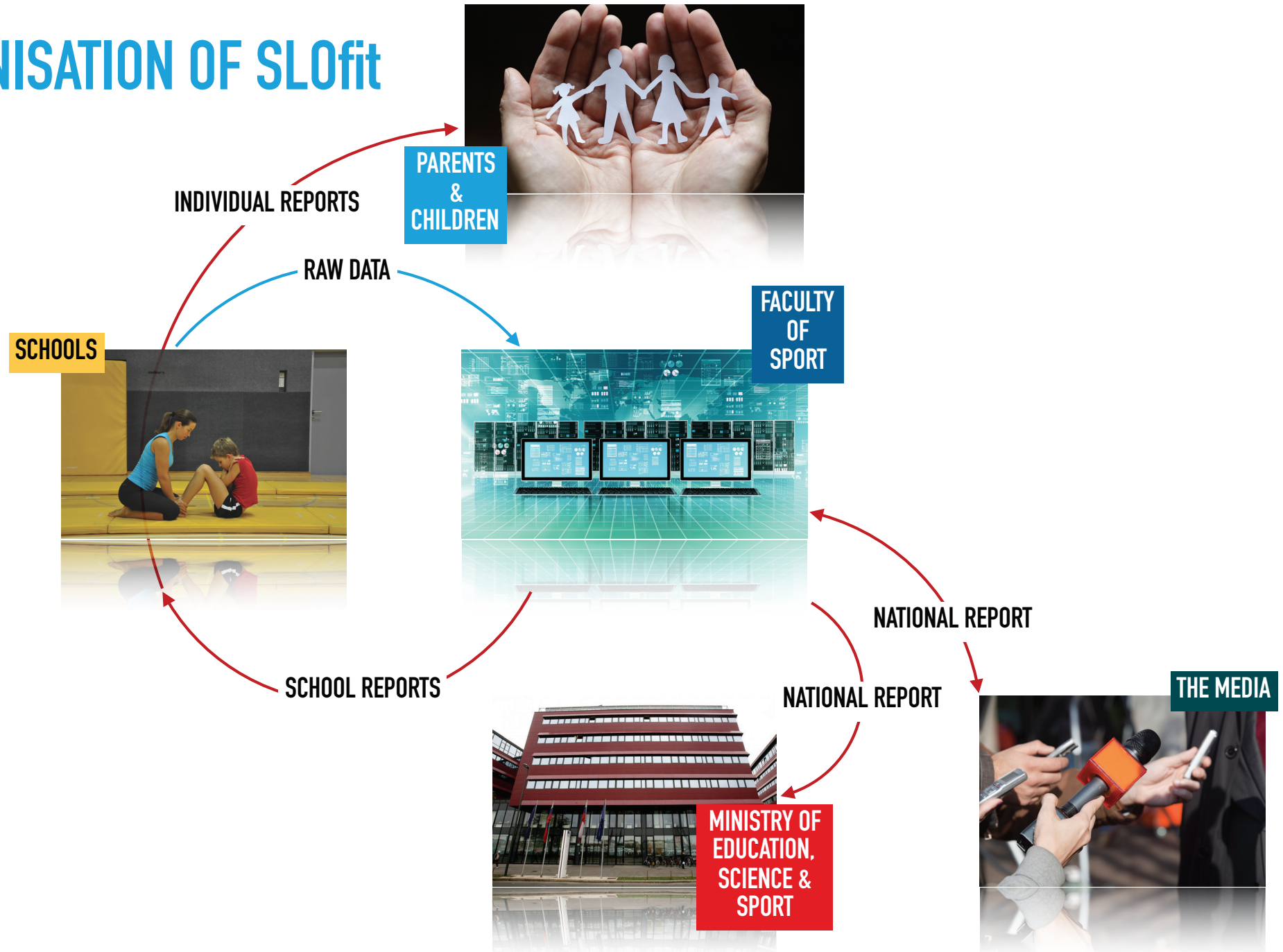




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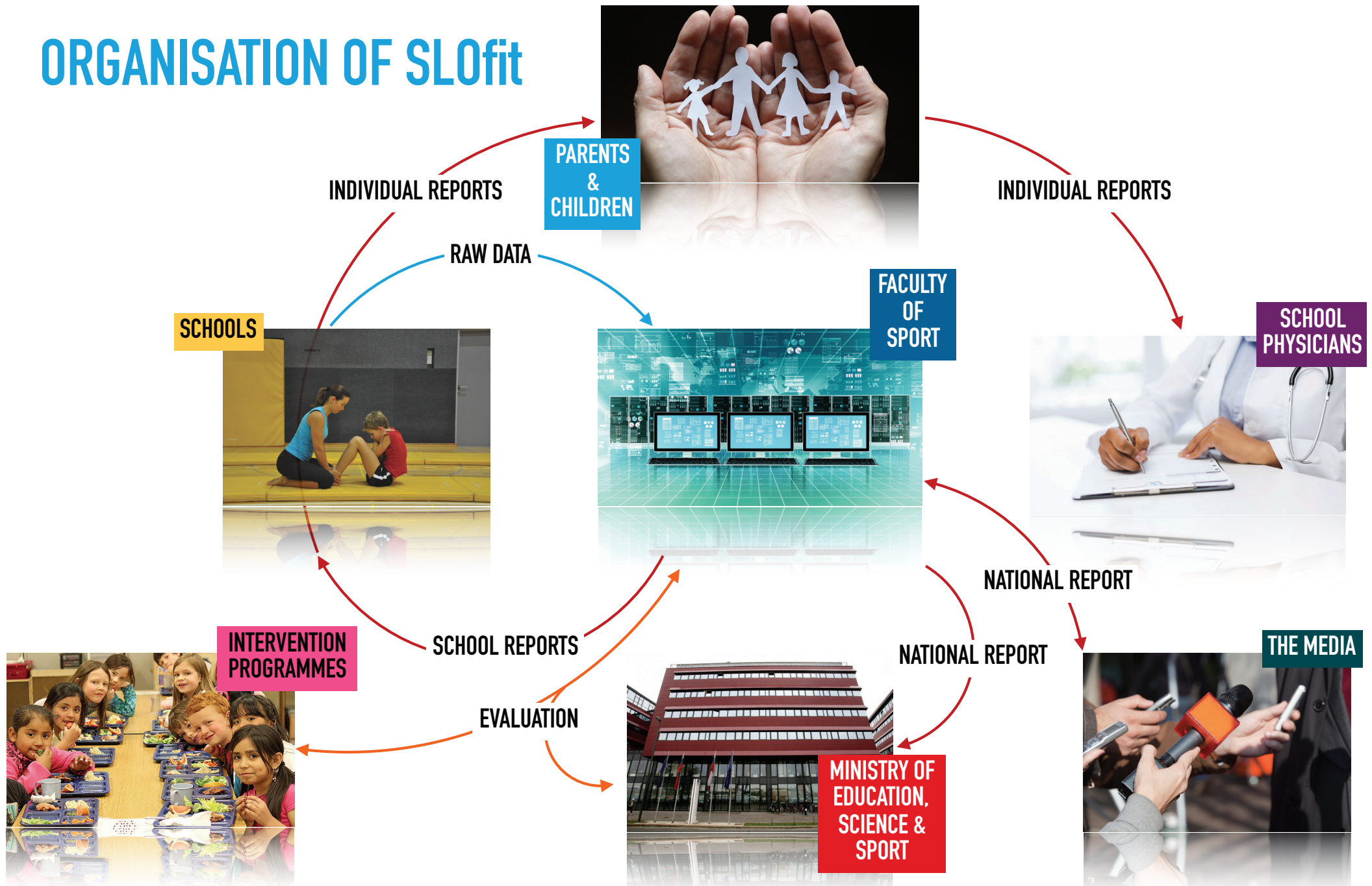
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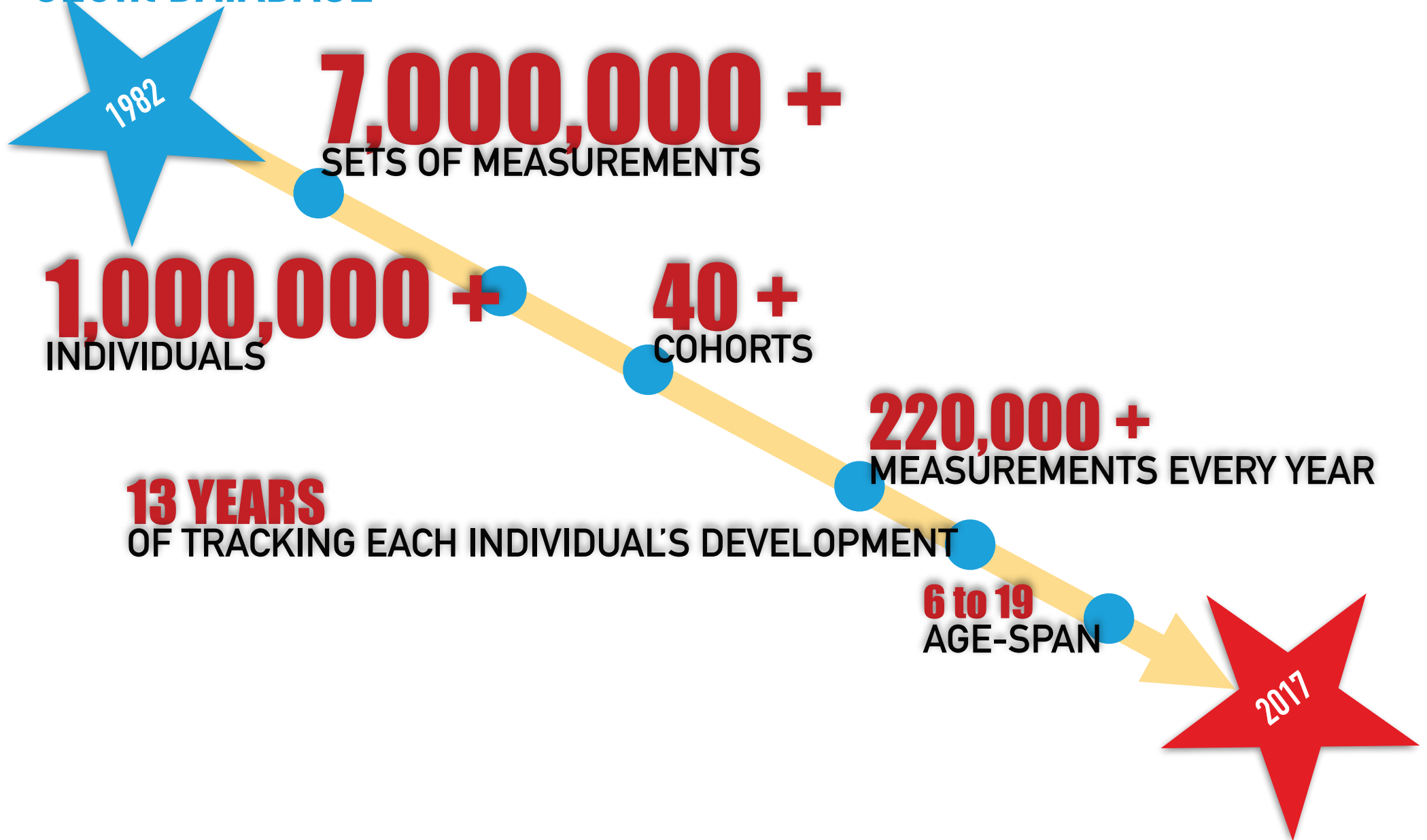
# ORGANISATION OF SLOfit



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# SLOfit DATABASE





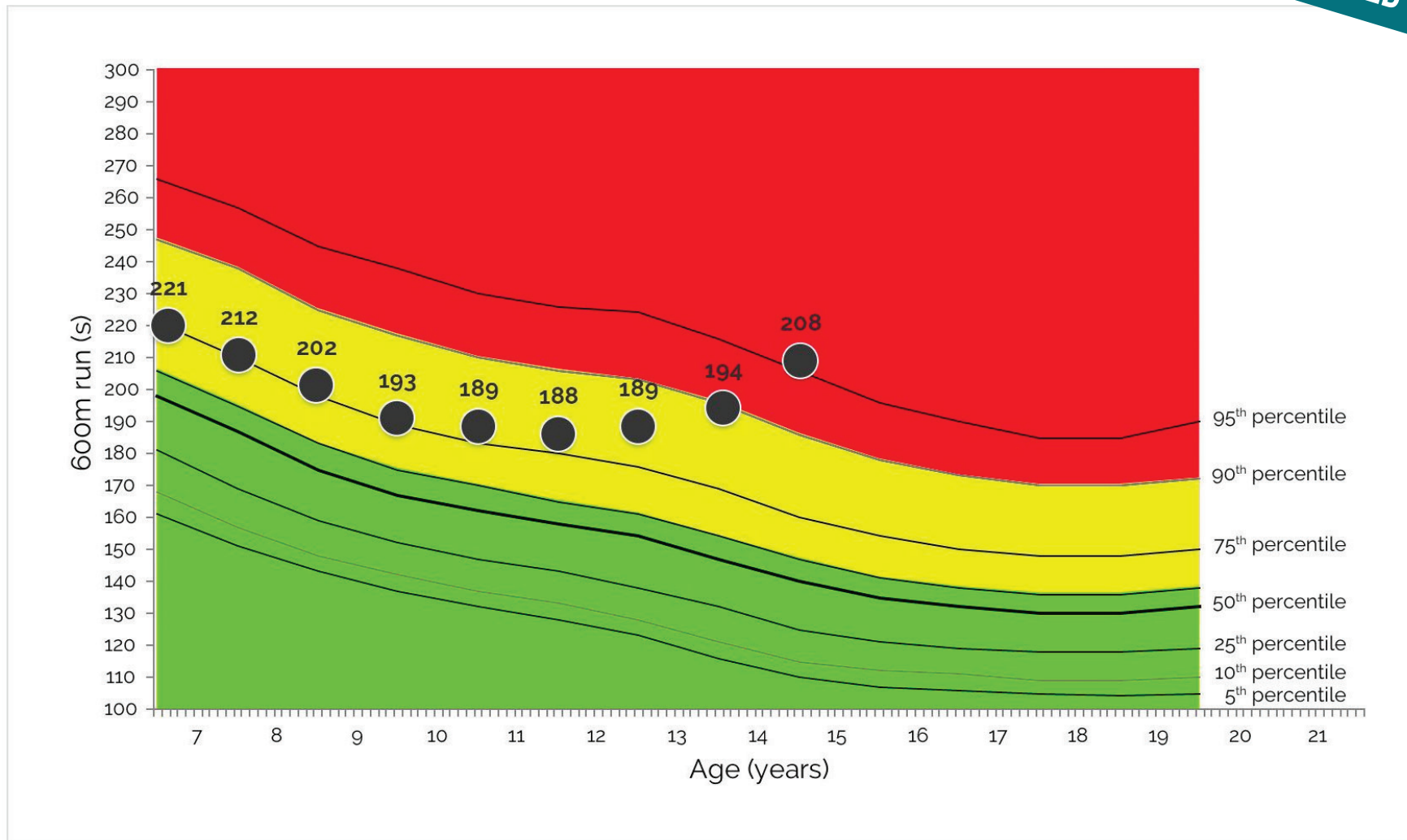




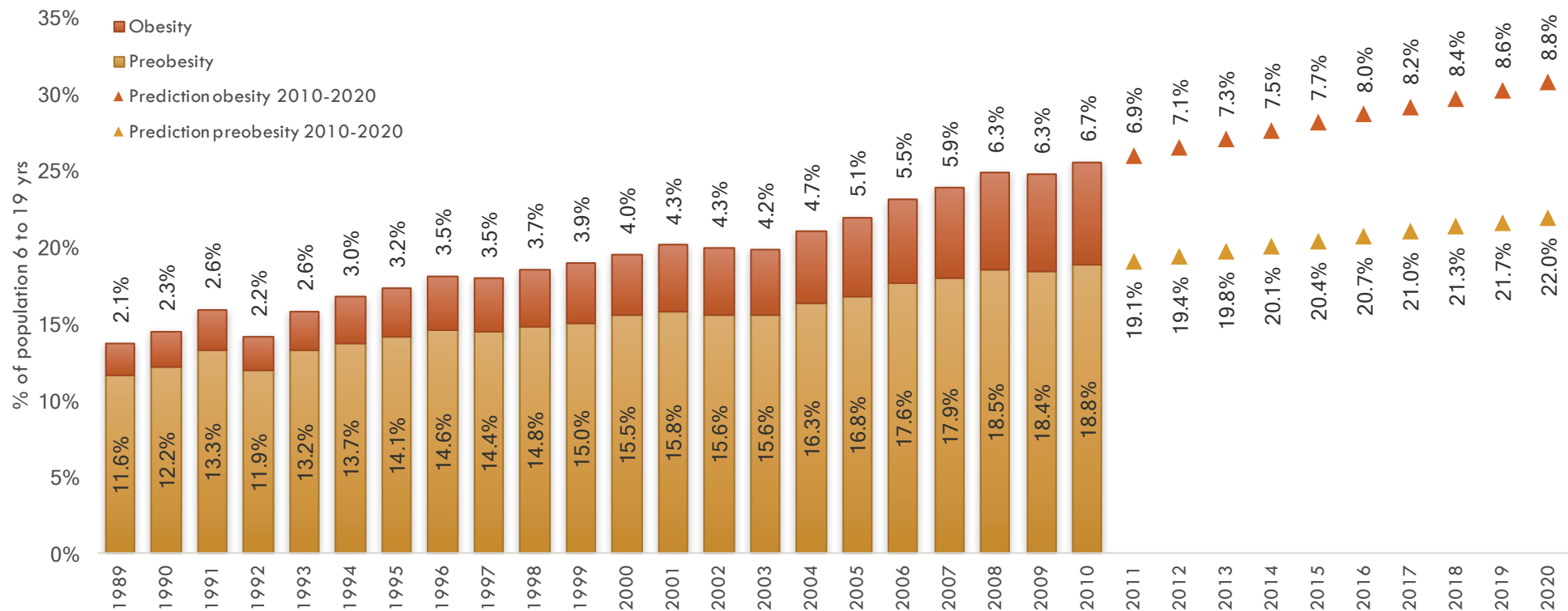


# SLOfit DATA MANAGEMENT

MY SLOfit WEB PROFILES

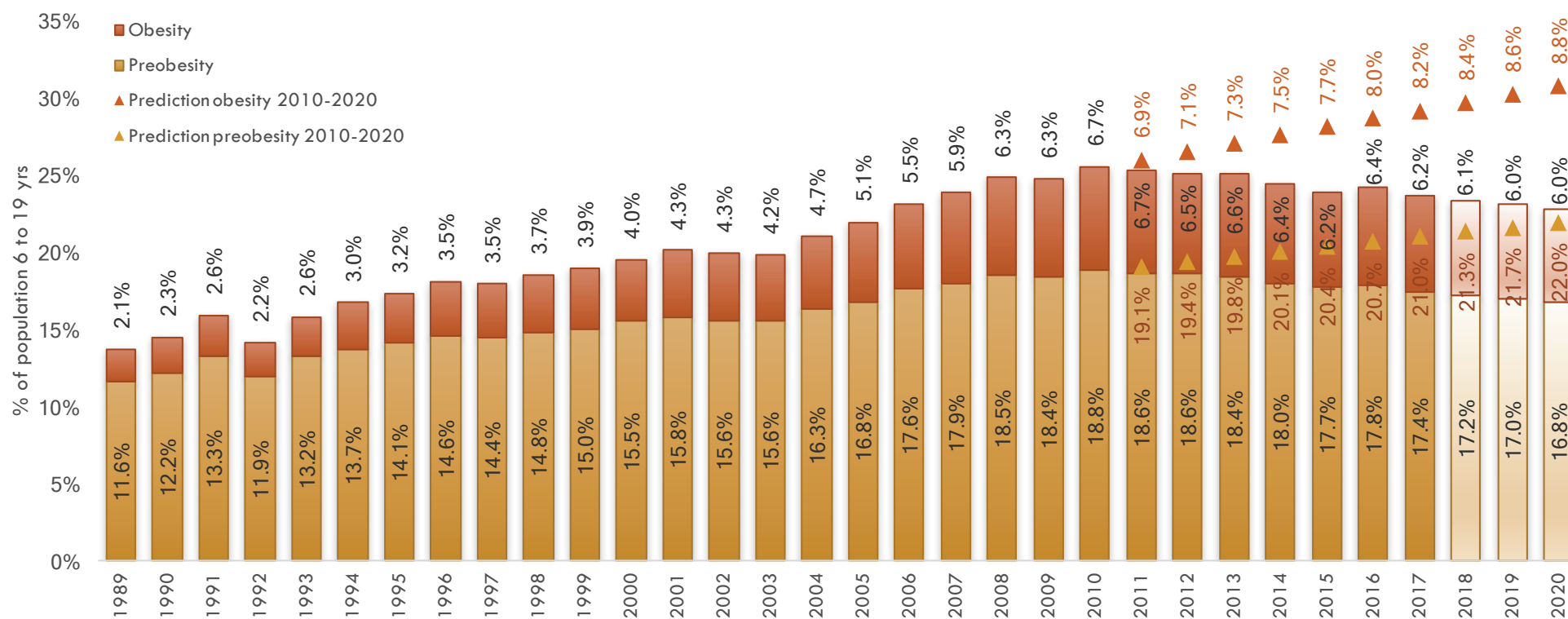


# SLOfit LEARNED LESSONS



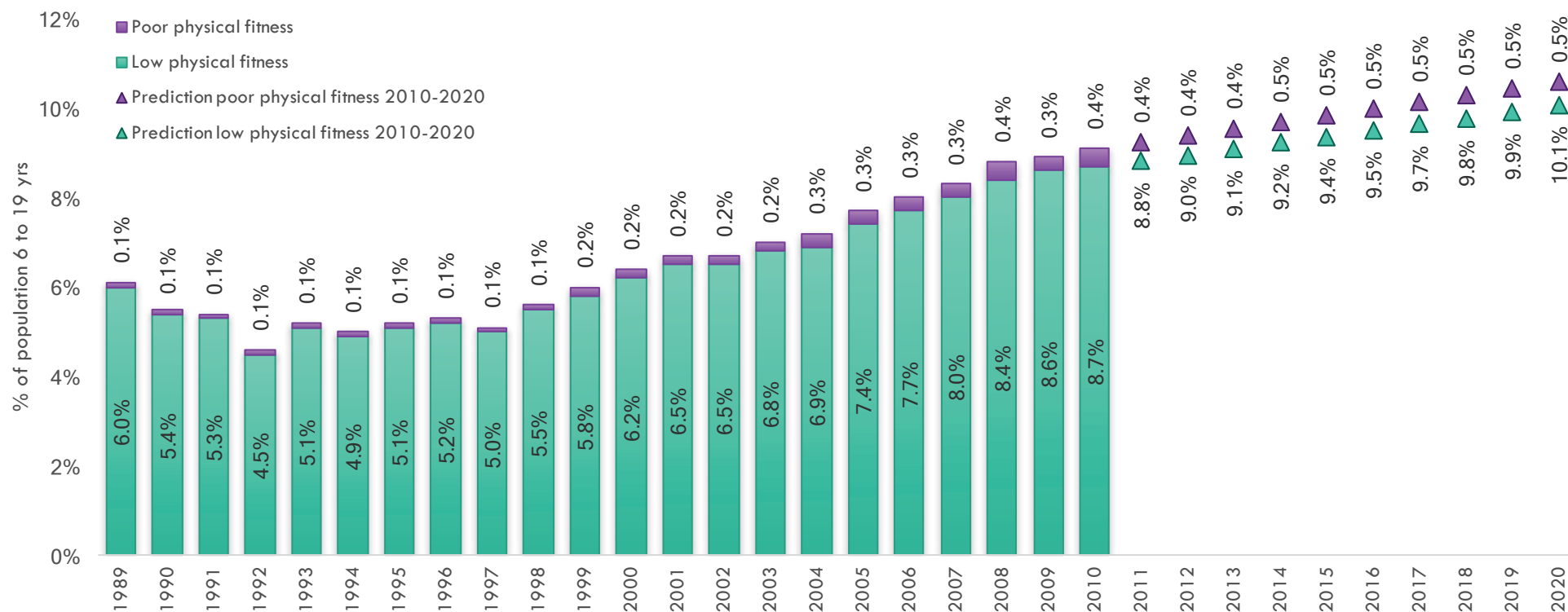
Source: SLOfit database 1989-2017  
 N > 7.2 million

# SLOfit LEARNED LESSONS



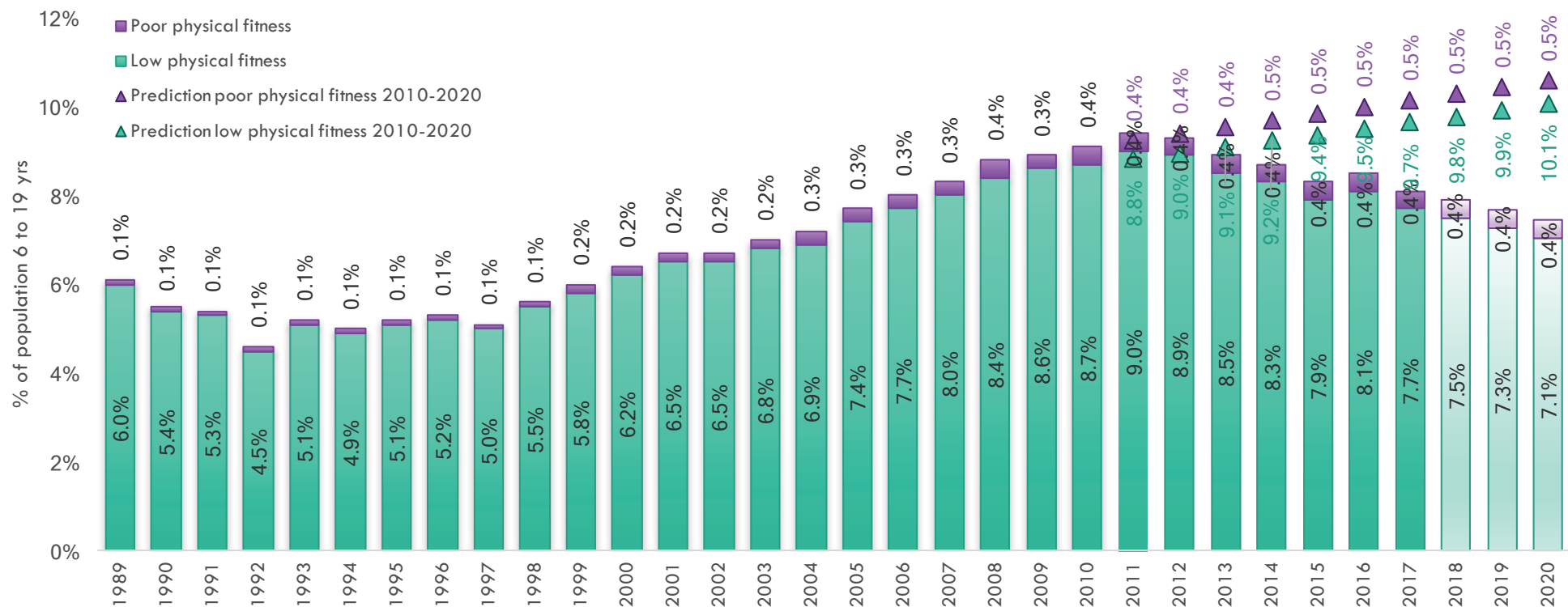
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Source: SLOfit database 1989-2017  
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# SLOfit LEARNED LESSONS

\*SINCE\*  
- 1982 -  
*Original*

AGED TO PERFECTION

National surveillance system of somatic and motor development

All schools

Uniform protocol

Every April

220,000 children per year

Measurements by PE teachers

Multi-level feedback system

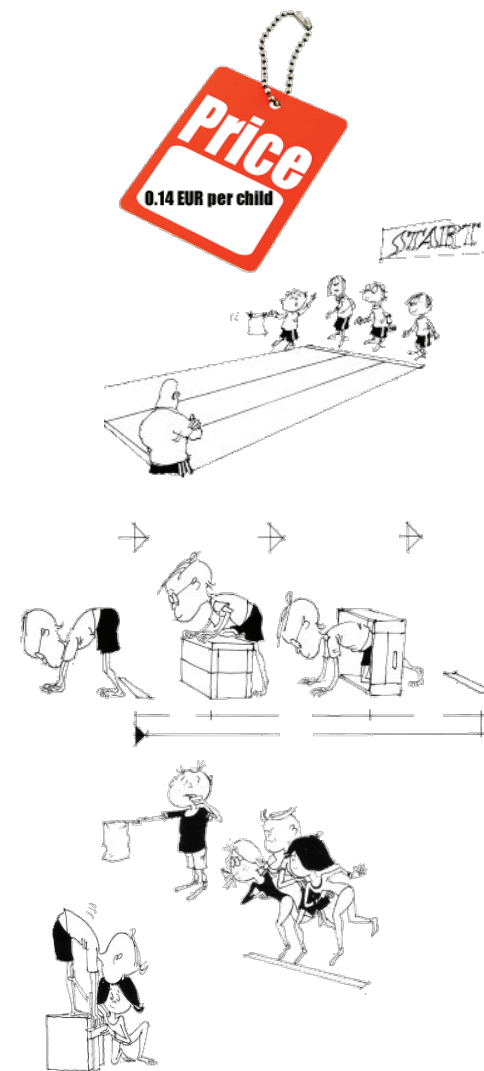
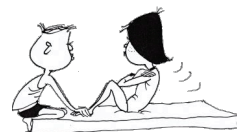
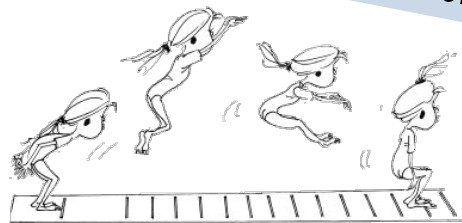
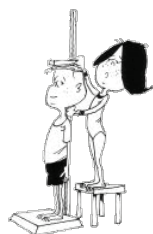
Managed by University of Ljubljana, Faculty of Sport

Data accessible to school physicians and pediatricians

On-line individual access

Developmental risk assessment

Evaluation of policies & interventions



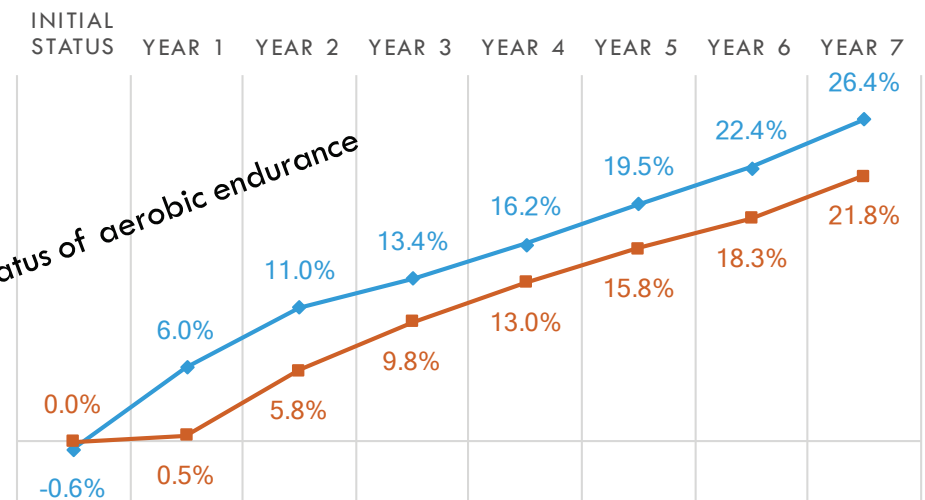
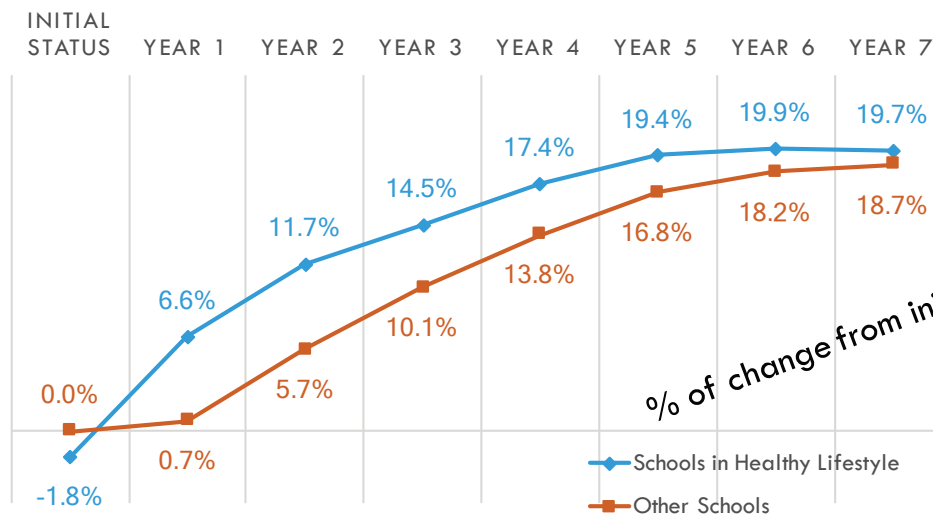
# SLOfit LEARNED LESSONS

## EXAMPLE OF USE:

Planning, monitoring and evaluating nation-wide physical activity intervention Healthy Lifestyle 2011-2017

### GIRLS

### BOYS



Cost of Healthy Lifestyle per child/year = 50 EUR

Annual working hours in SLO = 1688 hours

Average cost of work hour in SLO = 11.2 EUR

Scenario = Increase of work capacity for 1%

1 % of working hours in SLO = 16.9 hours

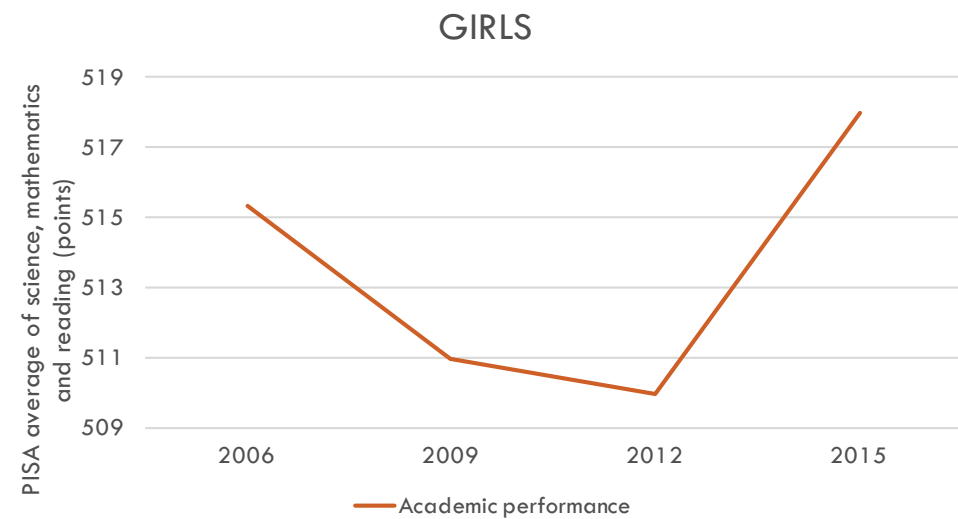
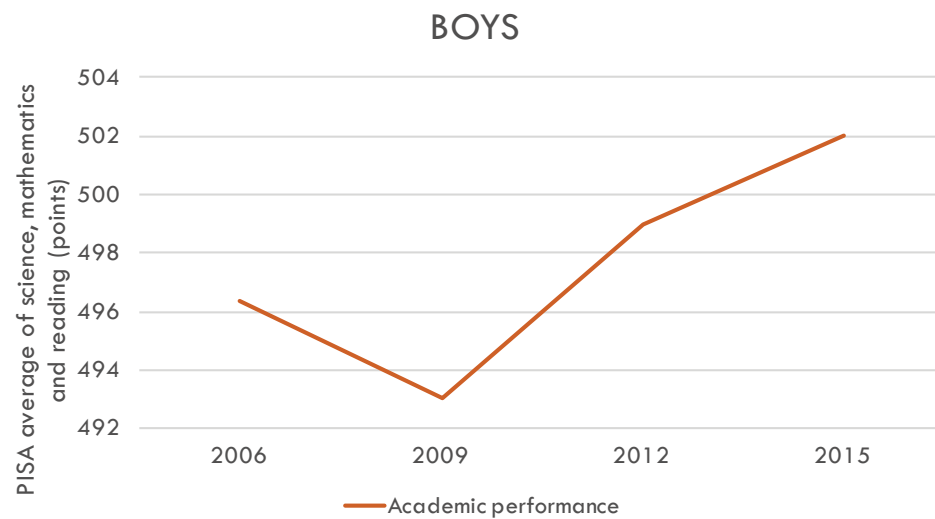
Cost of 16.88 hours in SLO = 190 EUR

Outcome = 190 EUR – 50 EUR = **140 EUR surplus per year**

# SLOfit LEARNED LESSONS

## EXAMPLE OF USE:

Planning, monitoring and evaluating nation-wide physical activity intervention Healthy Lifestyle 2011-2017



Performance of boys and girls from Slovenia in PISA tests.

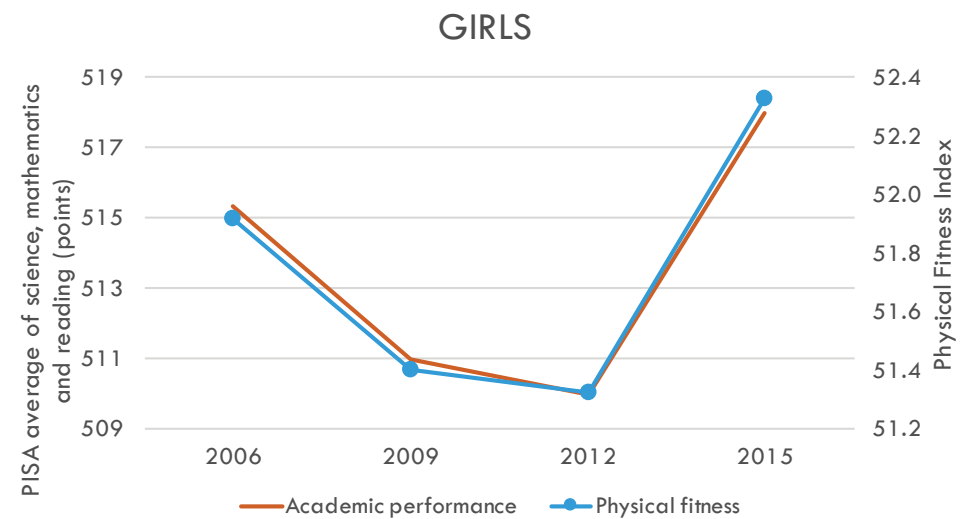
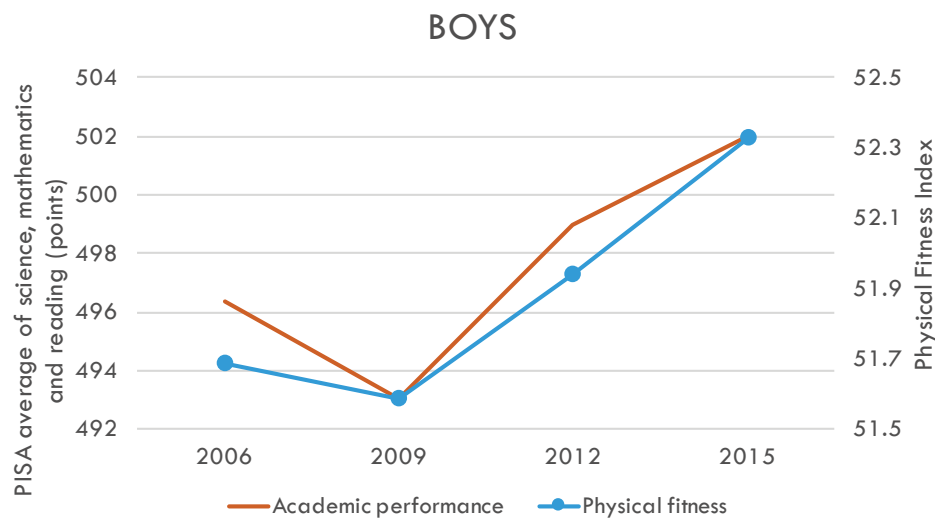
In the meantime, what was going on with physical fitness?



# SLOfit LEARNED LESSONS

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Planning, monitoring and evaluating nation-wide physical activity intervention Healthy Lifestyle 2011-2017

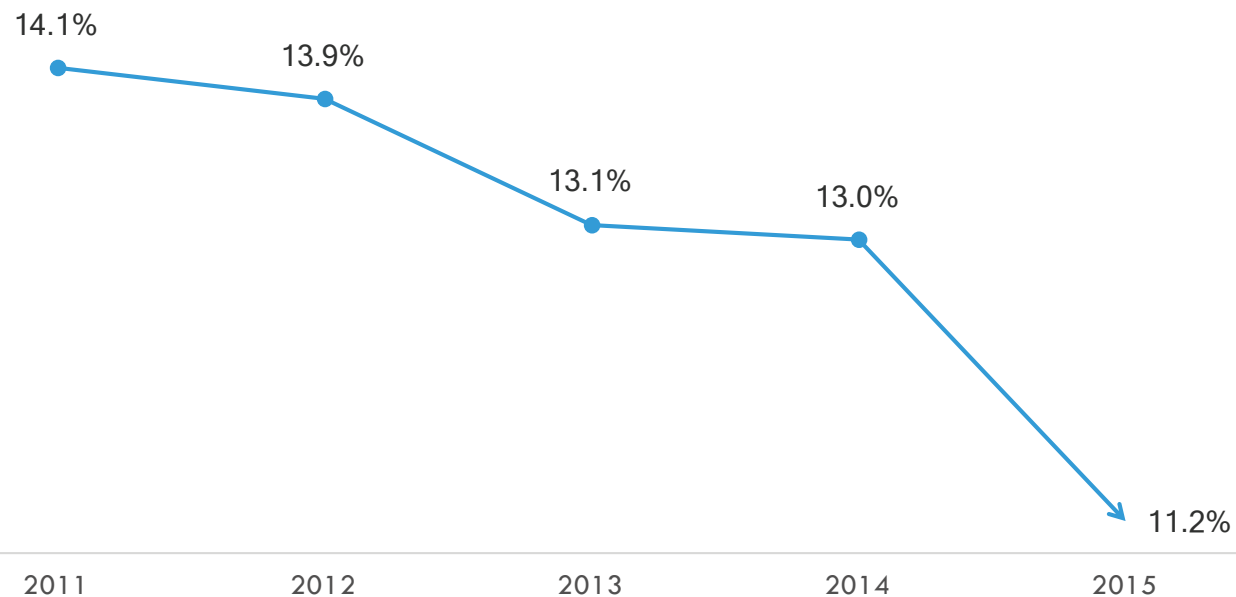


The trends are almost overlapping!

# SLOfit LEARNED LESSONS

## EXAMPLE OF USE:

Planning, monitoring and evaluating nation-wide physical activity intervention Healthy Lifestyle 2011-2017



Share of children, included in Healthy Lifestyle Program with acute illnesses.

# TRANSFERABILITY OF SLOfit 2017

2016  
2015  
2014

ADOPTABLE TEST BATTERY

SCHOOL EQUIPMENT

TEACHER TRAINING

INFORMATION SYSTEM TRANSLATION

LEGISLATIVE SOLUTIONS

SUSTAINABILITY



UTILISATION OF EXISTING NETWORK OF SCHOOLS AND TEACHERS



**THANK YOU**

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