

REPORT OF THE FIRST PHASE OF THE PROJECT

The medical part of the first phase of the project was successfully completed within a specified time interval. My duty as a partner in charge of the medical part of the HIP Ya! organizing, implementing and overseeing the testing, data analysis and report back.

During sports camp held in Split in the project, have been tested athletes from six European clubs (Malacky, Olymp, Pine, Koper, Arak and ASK) participating in the project. Tested a total of 69 subjects: 10 club members Malacky-SK, 10 members of the club Olymp Praha CZ, 10 members of the club Bor-IT, 10 members of the club Koper-SL, 16 club members ARAK-HU and 13 members of the club ASK HR.

Respondents were informed about the implementation of testing and possible consequences and are in line with this signed consent forms. Process were the following types of medical tests: spirometry, ECG, anthropometric measurements (measurement of weight, height, blood pressure, body fat share), pulse oximetry, ultrasound (shoulder, knee and ankle) and laboratory blood tests (blood is being extracted from a finger). From individual tests were done 69 spirometry, ECG 69, 69 anthropometric measurements, pulse oximetry 69, 67 and 69 ultrasound examinations of laboratory blood tests. It is filled with 69 cartons of subjects in which they are enrolled as test results and questionnaire data (the contents of the survey of the history of nature).

In conclusion, as analyzed data surveyed athletes, as expected, for the most part belong to the normal parameters, while the milder variations are consistent with increased physical efforts which are subject to specific athletes. Fewer respondents had results that deviate from expected values and their coaches have been notified (oral and written report).

It is planned to repeat the same test subjects in the third phase of the project.

dr.med. Mirjana Bezdrov
Split, 15.07.2014.