

HPA Health Profile Assessment® Training Program



**Expanding the Possibilities of
Fitness Training and Testing**

Welcome Future HPI Health Profile Assessor™

Thank you for your interest in HPA Health Profile Assessment Certification, offered by the Health Profile Institute, Inc. We believe that HPI Health Profile Assessors™ can make a positive change in the field of health and wellness, fitness testing and overall health promotion.

Dr. Sture Malmgren and Dr. Gunnar Andersson, two of Europe's most well known authorities in Health Promotion, invented the HPA Health Profile Assessment in the early 1970's and founded Health Profile Institute in Sweden in 1978. They are also among the founders of Health Profile Institute, Inc. here in the US.

This scientifically based method has successfully been used in Europe for more than 30 years. Over 1.5 million Europeans have experienced its benefits. Now the method is expanding into the US market.

Health Profile Institute, Inc. (HPI) is a privately owned company specializing in the fields of health promotion, employee health programs and health assessments. HPI opened its first US office in Henderson, Nevada in 2007 and a second office in Los Angeles, California in 2008.



Dr. Sture Malmgren

Ph.D. in Medical Science

He started a unique health and wellness center at the SAAB company in Sweden in the early 1970's, where the HPA method has been developed.

Dr. Gunnar Andersson

Ph.D. in Medical Science

His doctoral thesis is based on the HPA method. He has worked in the field of health and wellness in Sweden since the early 1970's and more recently, in the US.

The HPA Method

HPA was invented in Sweden and has been successfully used for over 30 years. More than 1.5 million assessments have been completed in Europe and the method has been applied by major international corporations.

The Benefits of an HPA

- Scientifically estimates the participant's current health and fitness status.
- Indicates areas for improvements in overall health.
- Inspires the participant to make positive changes to their lifestyle.
- Helps set attainable goals for a healthier life.
- Gives the participant the opportunity to review and track their progress over time.
- Compiles statistical data for groups of clients. These statistics can be used as an aid in creating effective wellness campaigns.



The HPA Health Profile Assessment is a leading method for motivating individuals towards a healthier life.

Components of an HPA

A Questionnaire: to create awareness about the current health situation and risk factors.

Physiological Measurements: Blood pressure, Pulse measurement, Height and Weight, Skeletal measurements, Fat-free mass, Healthy weight range (based on individual body frame).

Cardiovascular Test: to measure Oxygen Uptake and Fitness Status.

Evaluation and Discussion: to emphasize the connection between life habits and current health status.

The "Desired Health Profile" Form: to provide the participant an opportunity to set personal goals and take responsibility for their own health.

Follow-Up HPA: to review results and measure progress since the last HPA.

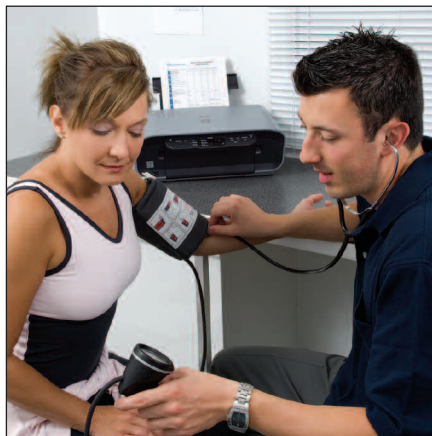
The HPA Training Program

With a duration of 40 hours, plus certification time, the HPA training program introduces students gradually to all theoretical and practical aspects of performing Health Profile Assessments. Our program will equip the student with a full range of skills that will add value to the personal training experience.

The HPA certification can also open doors towards involvement with corporate health and wellness campaigns.

The program has been designed under direct guidance of the HPA method's creators and meets the highest standards in the Health Assessment field.

Basic anatomy and physiology knowledge, as well as computer and math skills are required for those who aim to become a successful HPI Health Profile Assessor™.



HPI Health Profile Institute		HPA HEALTH PROFILE ASSESSMENT™ QUESTIONNAIRE	
Challenging to read this work?		Date of test	
Lifestyle Data		1-5 (1=never, 5=always)	1-5 (1=never, 5=always)
1. How often do you eat fast food?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	2. How often do you eat breakfast?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
3. How often do you exercise?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	4. How often do you drink alcohol?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
5. How often do you eat sugary snacks?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	6. How often do you eat salty snacks?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
7. How often do you eat processed meats?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	8. How often do you eat red meat?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
9. How often do you eat dairy products?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	10. How often do you eat fruits and vegetables?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
11. How often do you eat nuts and seeds?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	12. How often do you eat whole grains?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
13. How often do you eat legumes?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	14. How often do you eat fish?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
15. How often do you eat eggs?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	16. How often do you eat poultry?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
17. How often do you eat tofu?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	18. How often do you eat soy products?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
19. How often do you eat beans?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	20. How often do you eat lentils?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
21. How often do you eat chickpeas?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	22. How often do you eat quinoa?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
23. How often do you eat rice?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	24. How often do you eat pasta?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
25. How often do you eat bread?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	26. How often do you eat cereal?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
27. How often do you eat oatmeal?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	28. How often do you eat yogurt?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
29. How often do you eat cheese?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	30. How often do you eat butter?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
31. How often do you eat margarine?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	32. How often do you eat oil?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
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35. How often do you eat salt?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	36. How often do you eat MSG?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
37. How often do you eat artificial sweeteners?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	38. How often do you eat artificial flavors?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
39. How often do you eat artificial colors?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	40. How often do you eat artificial preservatives?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
41. How often do you eat artificial trans fats?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	42. How often do you eat artificial hormones?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
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47. How often do you eat artificial fertilizers?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	48. How often do you eat artificial pesticides/herbicides/fertilizers?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
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Training Outline

HPA Health Profile Assessment Theory

This course focuses on developing the specialized knowledge necessary to perform HPA Health Profile Assessments.

The introductory part of the training contains an overview of basic anatomy and physiology information related to the HPA method. Students will also learn the backgrounds of measuring pulse, blood pressure, height and weight. Measurement units used for HPA will also be presented according to both US and European systems.

During the core HPA training, students will learn the scientific principles of the HPA method, including the basics of sub-maximal tests, oxygen uptake and fitness level calculation and assessment. Skeletal measurements and calculation of body composition and healthy weight range will also be explained.

Students will learn how to optimally perform a submaximal test on a cycle ergometer according to the client's unique health situation.

The principles of communication and active listening will also be presented, as well as interviewing techniques to use during the Health Profile Assessment in order to reveal relevant information regarding a client's health status.

Instruction will be given on how to use the Plustoo software which was designed specifically for performing HPA's. With the help of Plustoo, students will also learn how to develop statistical data for groups of clients, and use the statistics as an aid in creating effective wellness campaigns.

HPA Health Profile Assessment Application

This course focuses on developing the specialized knowledge necessary to perform HPA Health Profile Assessments.

Students will learn to measure pulse, blood pressure, height and weight. Skeletal measurements as well as calculation and assessment of body composition and healthy weight range will also be practiced.

Students will perform submaximal tests on a cycle ergometer and calculate and assess Maximal Oxygen Uptake. Principles of communication and active listening, as well as interviewing techniques will also be applied during the health

profile assessment in order to reveal relevant information regarding the client's health status. This will facilitate in helping clients find their own motivation for change. Additionally, students will be able to interpret all data obtained in the assessment process and guide the client towards choosing an appropriate health improvement program.

Students will actively use the Plustoo software while performing HPA's in a class environment and will also create statistical data for groups of individuals.

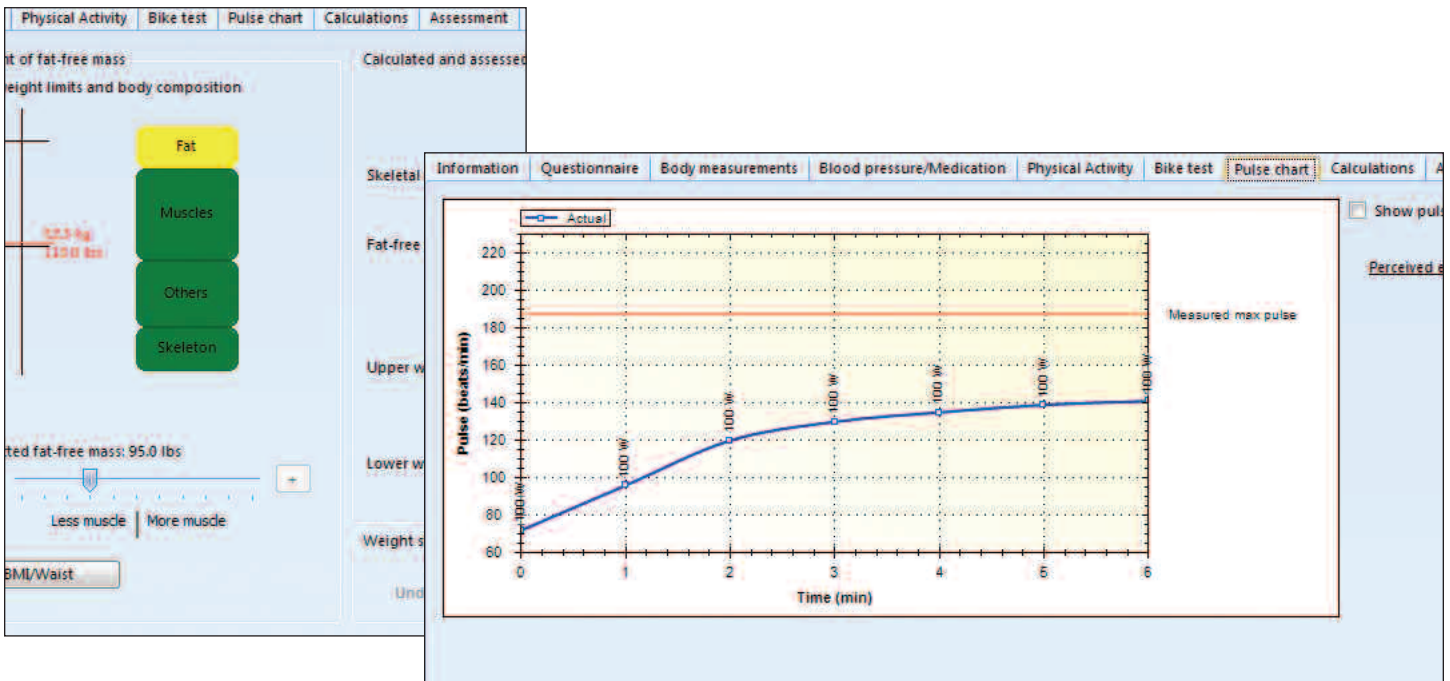
Plustoo Software

Plustoo is an Internet based software, specifically designed for the HPA. Plustoo is used for both assessment and statistics, allowing fast, easy and reliable results.

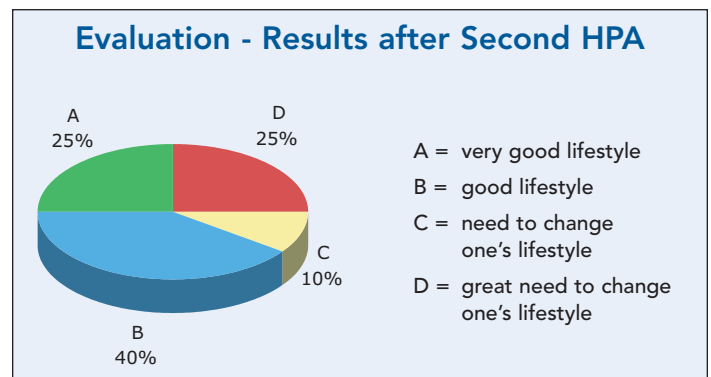
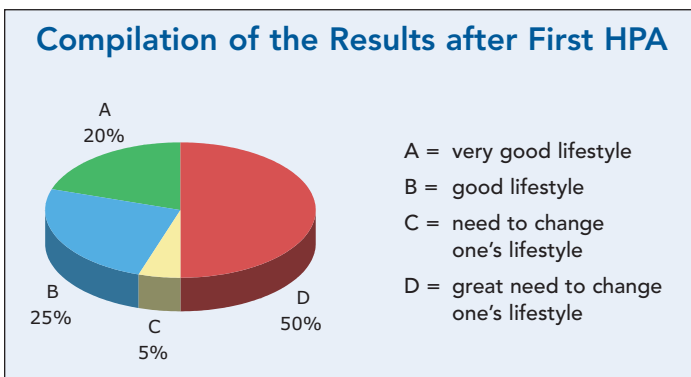
The data can be easily and safely stored. Plustoo allows for easy comparison of HPA's done at different moments in time for the same person.



plustoo



Compilation of statistics for large groups of people is a major part of the software, making it a valuable tool for employee health management programs.



Benefits of the HPA Related to Fitness Training

An accurate method to determine:

- Percentage Body Fat
- Percentage Fat Free Mass
- Body Mass
- Fat Mass
- Fat Free Mass
- Healthy Weight Range
- VO₂ max



Specific Training Program

Provides the trainer with the possibility to adjust the workload, schedule and/or exercise program specifically for the client according to their:

- Life habits
- Health situation
- Weight status
- VO₂ max
- Perceived exertion
- Personal goals

The HPA

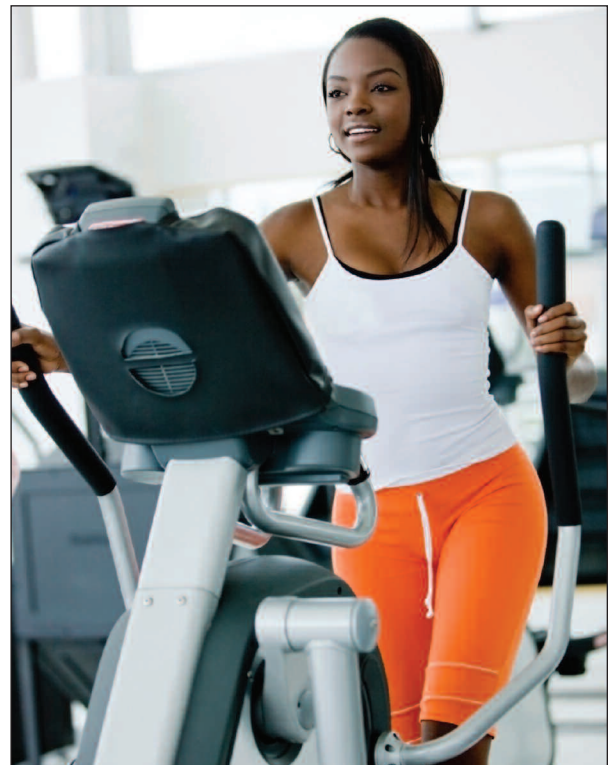
- Allows for information to be gathered about the client's lifestyle habits and health situation.
- Establishes a closer relationship between the trainer and the client.
- Raises the client's awareness regarding their current health situation.

Desired Health Profile

- The trainer receives information regarding the client's personal goals.
- Motivates the client to take responsibility for their own health.
- Provides information about other health-related activities the client wishes to begin aside from exercising.

Progress Monitoring

- HPA's performed at different stages of training.
- Allows the trainer to adjust the exercise program scientifically, according to the client's progress.
- Allows the client to measure their own progress, which is a great motivational tool.





Health Profile Institute, Inc.

PO Box 777178 · Henderson, NV 89077

Tel: (702) 804-0100 · Fax: (702) 804-0021

E-mail: info@healthprofileinstitute.com

www.healthprofileinstitute.com