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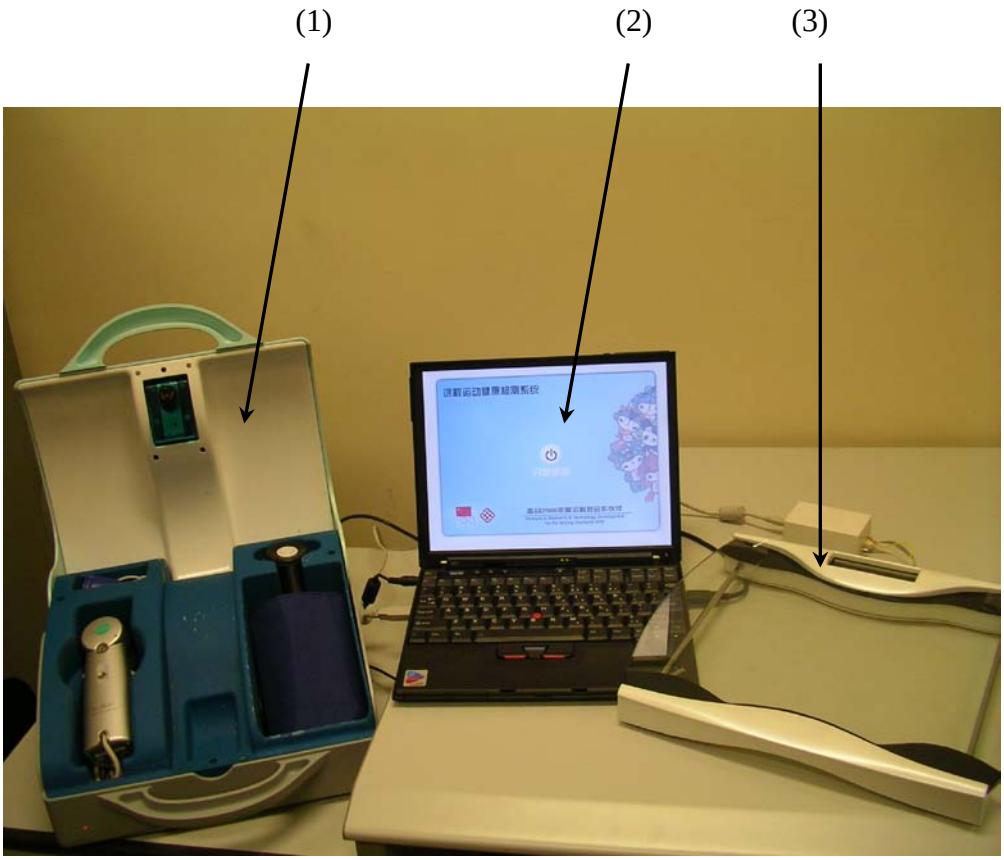
Introduction

Welcome for using this Tele-Sports-Health system. Use this guide to find out about the health check empowerment and health record retrieval on this system and to learn more about how they work.

This system is a convenient tool enabling users to conduct their own health assessment and vital signs monitoring. Since it is a light and highly portable box, it is easy for storage and users can carry it anywhere for measuring vital signs such as heart rate, pulse, blood pressure and body mass index (BMI) in comfort, without embarrassment and at their own pace. The data can be stored, thus helping users to better monitor and manage their own health.

This system includes three main components:

1) Tele-Sports-Health box case
2) System Database
3) Scale



I. User Login

1. Click “Start” on the screen.

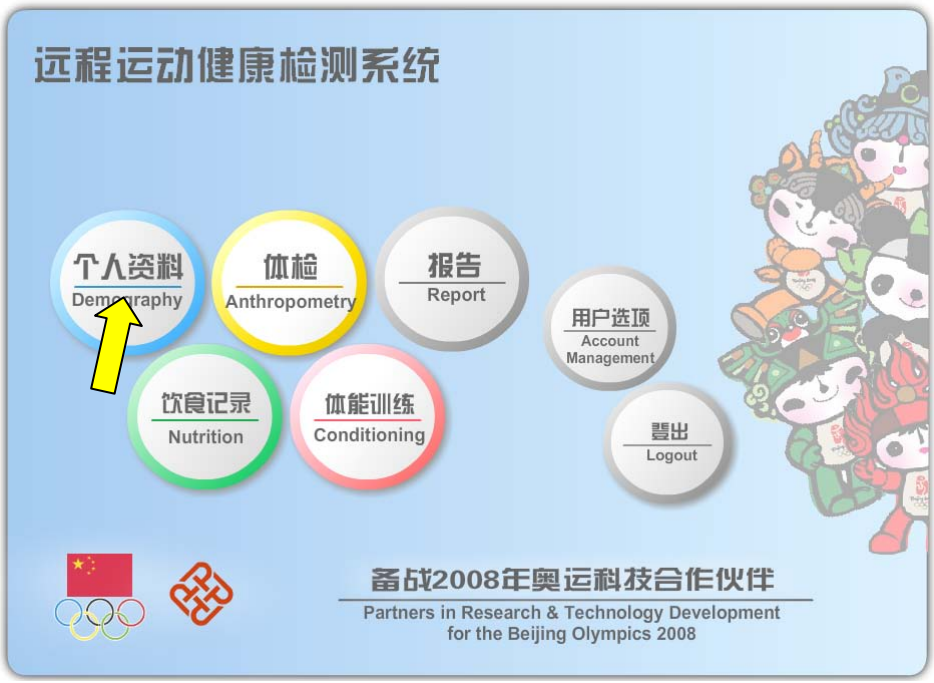
2. Login the system with **User ID** and **Password.**

3. Main Menu is accessed.

II. Operation

1. Demography

Click “Demography” in the Main Menu.

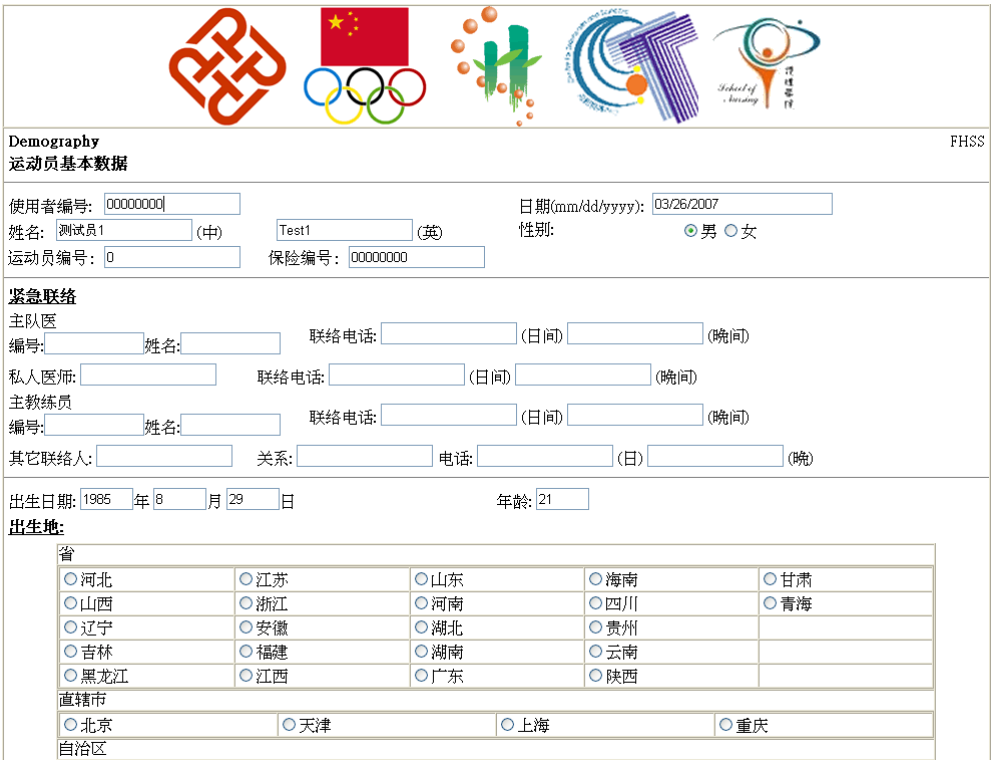


Two items, **Basic Information** and **Questionnaire**, are displayed.

1.1.Basic Information

Click “Basic Information”.

Fill in the form and click “Send”.



1.2.Questionnaire

Click “Life Style Questionnaire”.

Fill in the form and click “Send”.

基本个人资料

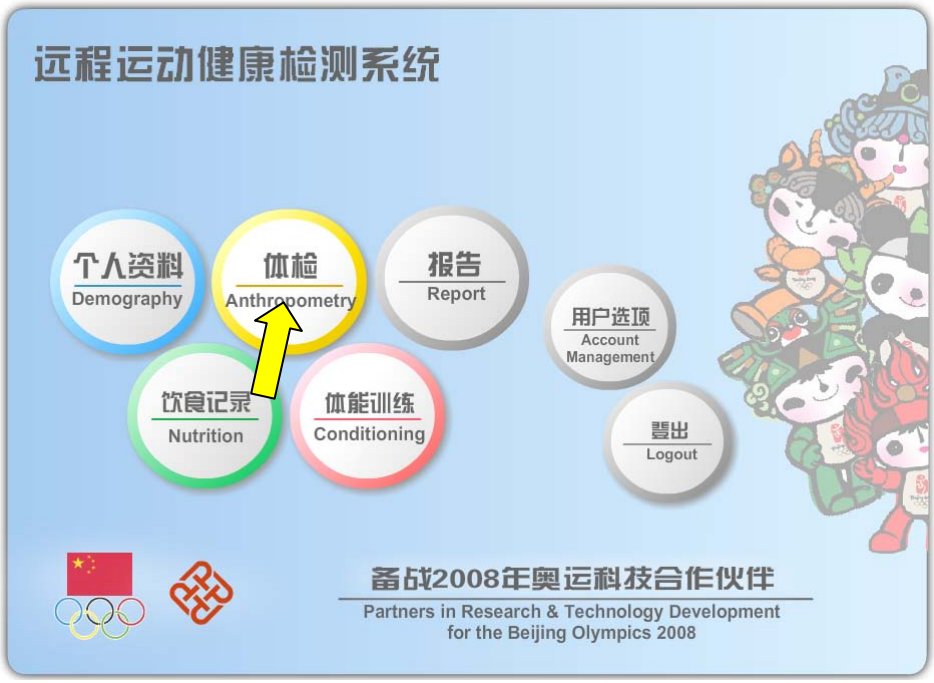
使用者编号: 00000000 日期(mm/dd/yyyy): 03/26/2007

姓名: 测试员1 年龄: 21 保险编号: 00000000

生活模式	01 你的日常生活模式固定吗?	○固定 ○不固定
	02 每晚的睡眠时间	小时
	03 你日常训练体力的需求量是 :	○剧烈 ○普通
	04 你每天训练时间约 :	小时
	05 你主要的压力来自:	○体重 ○训练 ○家庭 ○收入 ○其它
	06 近期内有没有尝试减肥?	○没有 ○有 □减肥药 □节食 □代餐 □美容院 □减肥茶 □运动 □其它
	07 阻碍完成以上减肥因素 :	□时间 □金钱 □家人反对 □自制力 □决心 □其它
	08 你会如何处理压力 ?	□看电影 □购物 □吃零食 □玩电子/计算机游戏 □其它
	09 饮酒吗 ?	○没有 ○一星期一次 ○一星期三次 ○每天
	10 每次饮酒类别 :	□含酒精汽水 □啤酒 □红酒 □茅台 / 烈酒
	11 饮酒原因 :	□应酬 □习惯 □健康 □情绪(开心/不开心)
	12 你吸烟吗 ?	○没有 ○有,

2. Anthropometry

Click “Anthropometry” in the Main Menu.



Three items, **Disease and Injury Record**, **Health Assessment** and **Injury Survey**, are displayed.

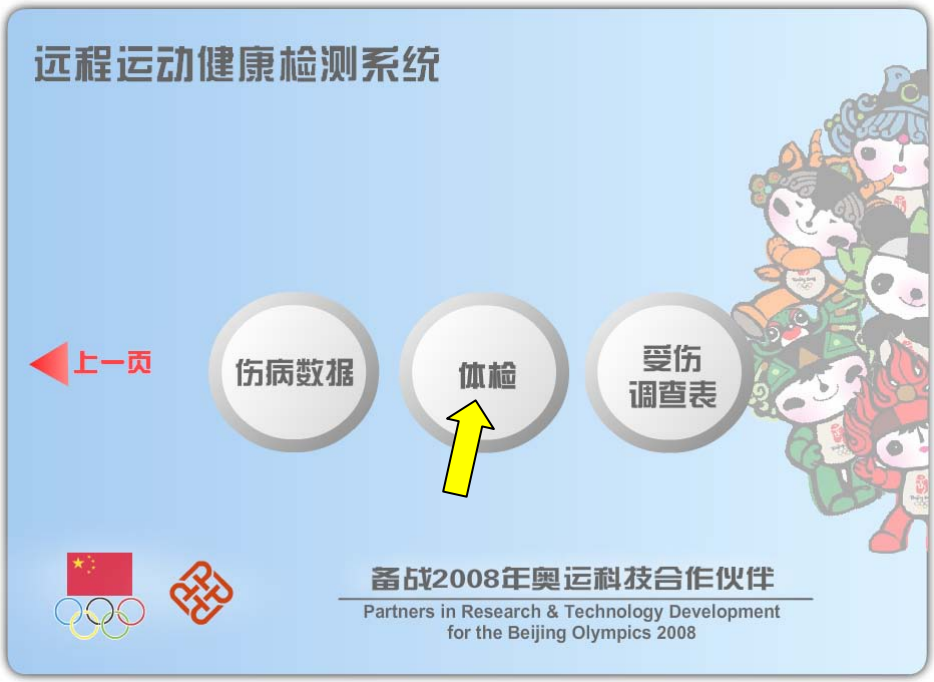
2.1.Disease and Injury Record

Click “Disease and Injury Record” for inputting information on illness history and injury surveillance.

Fill in the form and click “Send”.

2.2.Health Assessment

Click “Health Assessment”.



Seven items, **Video Conferencing**, **Blood Pressure**, **Health Sound**, **Breathing Sound**, **Blood Oxygen Saturation**, **Weight and Body Fat Percentage** and **Skin Image**, are displayed.

2.2.1. Video Conferencing

The purpose of Video Conferencing is to provide the platform for interactive communication between the practitioner and patients.

a) Click “Video Conference” on the screen

b) The system will connect to the designated practitioner or expert station in School of Nursing, The Hong Kong Polytechnic University, so you can have discussion or consultation at different locations.

c) You can see the video displaying the image from the side of practitioner. At the same time, your image will also be transmitted to the practitioner’s side through the camera attached on the Tele-Sports-Health box case.

d) You can talk to the practitioner by using the microphone provided and you can hear the practitioner’s voice from the speaker.

2.2.2. Blood Pressure

The purpose of blood pressure assessment is to determine whether the blood pressure is within an acceptable range

a) Click “Blood Pressure” on the screen.

b) Subject should sit down and rest his/her arm on a table such that the brachial artery is level with the heart.

c) Wrap the sphygmomanometer cuff around the subject’s upper arm, just above the elbow and place a stethoscope on the hollow of the elbow, over the artery.

d) When you are ready for the test, click “Start” on the screen.

e) Wait until the record end.

f) After the completion of the test, your systolic blood pressure, diastolic blood pressure and pulse rate will be shown on the screen.

2.2.3. Heart Sound

The purpose of recording heart sound is to indicate blood flow turbulence.

a) Click “Heart Sound” on the screen.

b) Press the button with “Heart” icon on the electronic stethoscope and a red light can be seen.

c) Put the electronic stethoscope on the left side of the chest, between the 4th and 6th ribs, almost directly under the breast.

d) You can hear a series of magnified “lub-dub” sounds representing each contraction of the heart.

e) Click “Record” on the screen to start recording.

2.2.4. Breathing Sound

The purpose of recording breathing sound is to indicate pneumonia or pulmonary edema.

a) Click “Breathing Sound” on the screen.

b) Press the button with “Lung” icon on the electronic stethoscope and a blue light will be seen.

c) Put the electronic stethoscope on the chest.
d) Subject is asked to breath in and out deeply and slowly.
e) Normal magnified “hollow” sound will be heard.
f) Click “Record” on the screen to start recording.

2.2.5. Blood Oxygen Saturation

The purpose of pulse oximetry is to provide estimates of hemoglobin saturated by oxygen and you can have early sign of lung disease or heart disease.

a) Click “Blood Oxygen Saturation” on the main page.

b) Put a subject’s finger into the non-invasive sensor clip.
c) When you are ready for the test, click “Start” on the screen.
d) Wait until the record end.
   *Note: Do not remove the finger from clip during measurement.
e) After the completion of the test, your assessment results will be shown on the screen.

2.2.6. Weight and Body Fat Percentage

The purpose of measuring the weight is to calculate the body mass index (BMI) which indicating whether your weight is underweight, normal, overweight or even obese.

a) Users are required to connect the “USB to Pin Socket Cable” to the computer and the electronic scale. Once connected, the control will be handled automatically by the system and the application.
b) Click “Weight” on the screen.

c) Subject is asked to step on the scale machine without wearing shoes and shocks.
d) Readings will be directly transferred to the system for monitoring.
e) Height of the subject is loaded if the “Basic Information” in the Demography has been filled in previously.
f) After the completion of the test, your body weight, BMI and body fat percentage will be shown on the screen.

2.2.7. Skin Image

The purpose of capturing skin images is to detect skin lesions or to record wounds.

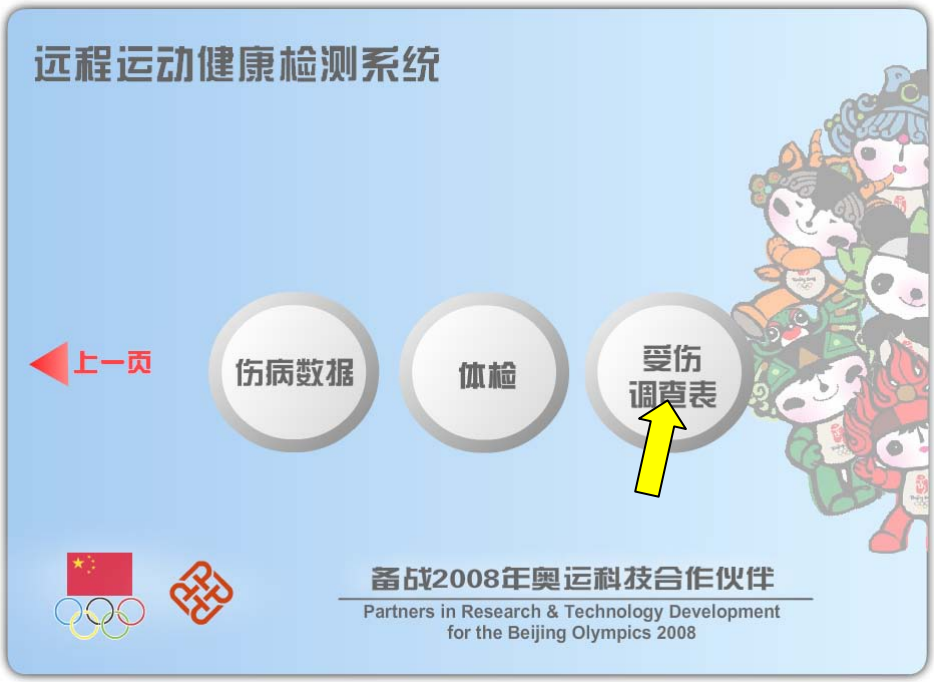
a) Click “Skin Image” on the screen.

b) Pick up the skin image camera and turn it on.

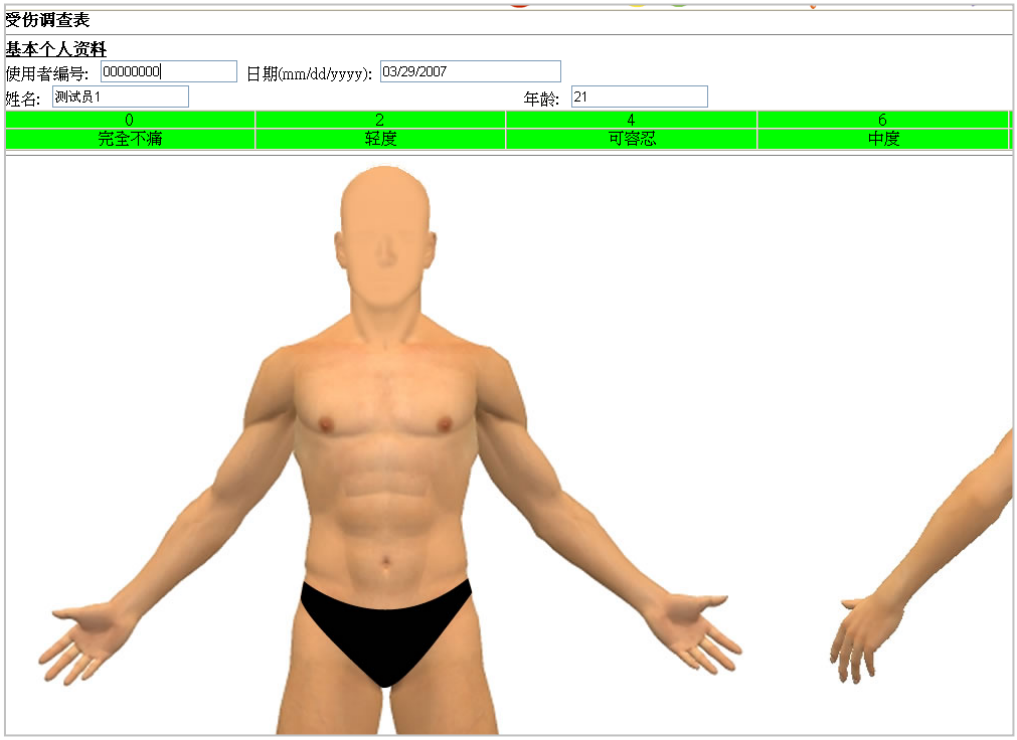
c) When the light comes on, locate the skin image camera on the site of mole or any wounds on the skin.
d) Frame the subject to be photographed in the screen.
e) Click “Capture” to capture the image.
f) The captured image is photographed on the right frame.
g) The other capturing image is framed on the left frame.

2.3.Injury Survey

Click “Injury Survey” on the screen for inputting information on injury.

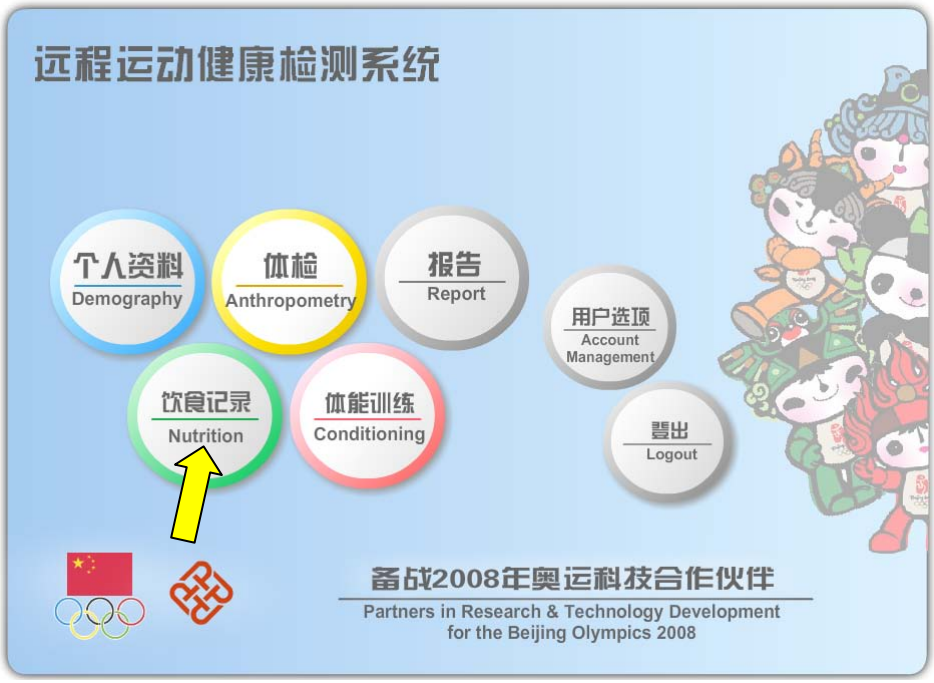


Click on the region of body that is injured, and type in a value representing the level of pain.



3. Nutrition

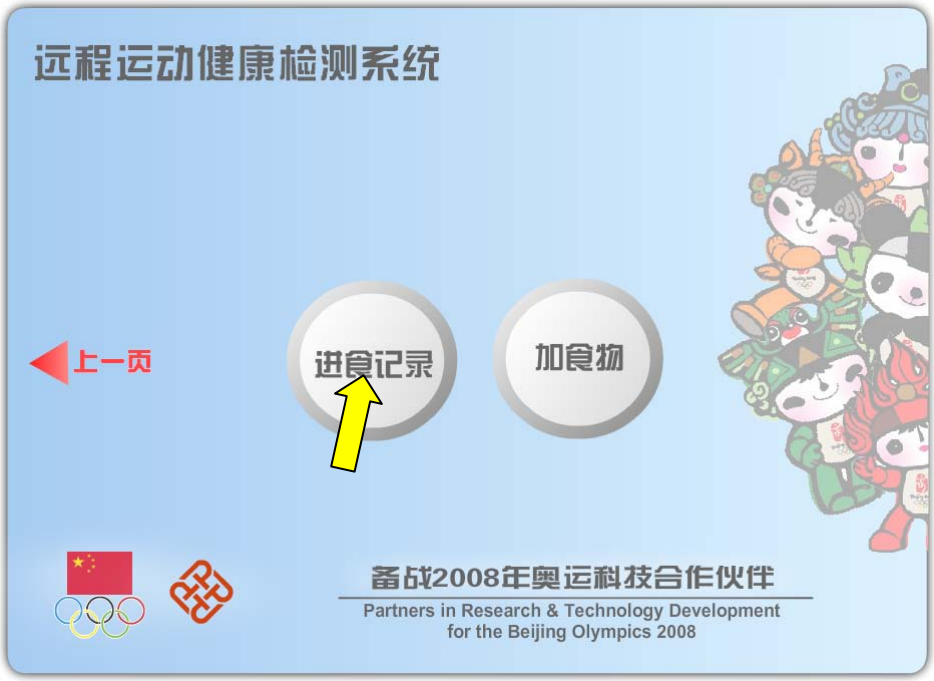
Click “Nutrition” on the Main Menu.



Two items, **Diet Record** and **Add Food**, are displayed.

3.1.Diet Record

Click “Diet Record” for inputting information on diet.



Fill in the form and click “Send”.

运动员饮食调查

基本个人资料

使用者编号: 00000000 日期(mm/dd/yyyy): 03/26/2007

姓名: 测试员1 年龄: 21 保险编号: 00000000

生活记录

身高(厘米)	180
体重(公斤)	50
脂肪比(%)	30
训练量（自我评估）	○大 ○中 ○小 ○休息
训练时间（小时）	
睡眠时间（小时）	
情绪（自我评估）	○好 ○一般 ○差
吃多少餐	○0 ○1 ○2 ○3 ○4 ○5 ○6
进食量（自我评估）	○大 ○中 ○小 ○无进食
饮水量（自我评估）	○大 ○中 ○小
排便量（自我评估）	○大 ○中 ○小

饮食记录（请填写24小时饮食之记录）

牛肉炒莲藕		没有吃	份
炒油墨菜		没有吃	份

3.2.Add Food

Click “Add Food” to add new food information in the system database.

Browse a picture of food that you want to add into the system.
Fill in the nutrient profiles regarding to one portion of your added food in the form above.
Click “Send” and then this food item will be shown in the “Diet record” automatically.
If you do not have nutrient profiles of the food, you could send the food photo to Expert Station in School of Nursing, The Hong Kong Polytechnic University for help.

4. **Conditioning**

Click “Conditioning” on the Main Menu.

Five items, **Body measure**, **NSCA measure**, **Physiotherapy examination**, **NSCA basic** and **Flexibility**, are displayed.

4.1.Body Measurement

Click “Body Measurement”

Fill in the form and click “Send”.

运动物理治检查 - 人体测量

基本个人资料

使用者编号: 00000000 日期(mm/dd/yyyy): 04/03/2007

姓名: 测试员1 年龄: 21 保险编号: 00000000

左	皮褶厚度(毫米)	右
	*肱三头肌 Triceps	
	*肩胛下肌 Subscapular	
	*肱二头肌 Biceps	
	髂骨脊 Iliac Crest	
	*棘上肌 Supraspinale	
	*腹肌 Abdominal	
	*大腿前 Front Thigh	
	*小腿内侧 Medial Calf	
	腋窝 Mid Axilla	
	胸肌 Pectoral	

脂肪比	30
体重(公斤)	50

左	周长(厘米)	右
	上臂放松 Arm - Relaxed	
	上臂紧张 Arm - Tensed	
	前臂放松 Forearm - Relaxed	
	腹 Waist - Minimal	
	臀 Gluteal - Maximal	
	小腿 Calf - Maximal	
	肱部 Humerus Width	

4.2.NSCA measure

Click “NSCA measure”

Fill in the form and click “Send”.

体能检测（中国国家排球队）

基本个人资料

使用者编号: 00000000 日期(mm/dd/yyyy): 04/03/2007

姓名: 测试员1 年龄: 21 保险编号: 00000000

体重: 50 公斤

身高: 180 厘米

体脂: 30 %

基本数据:

上肢偏好: ○右 ○左 撇子 ○右 ○左 击球

下肢偏好: ○右 ○左 踢球 ○右 ○左 起跳

T-字跑步测试(秒): 1 2 3

六角跳(秒): 1 2 3

1分钟右单腿下蹲(次): 次

1分钟左单腿下蹲(次): 次

1分钟俯卧撑(次): 次

1分钟仰卧起坐: 次

头上药球投(米): 1 2 3

体前药球投(米): 1 2 3

胸前药球投(米): 1 2 3

传送 清除

取消

4.3.Physiotherapy examination

Click “Physiotherapy examination”

Fill in the form and click “Send”.

运动物理治疗检查 - 关节活动

基本个人资料

使用者编号: 00000000 日期(mm/dd/yyyy): 04/03/2007

姓名: 测试员1 年龄: 21

左(度)		右(度)
	颈	
	屈 (0-45)	
	伸 (0-45)	
	回旋 (0-60)	
	躯干	
	屈 (0-80, 10cm)	
	伸 (0-20-30)	
	回旋 (0-45)	
	肩部	
	屈 (0-180)	
	伸 (0-60)	
	外展 (0-180)	
	内旋 (0-70)	
	外旋 (0-90)	
	肘及前臂	
	屈 (0-150)	
	肘外旋 (0-80)	
	肘内旋 (0-80)	
	手腕	
	屈 (0-180)	
	伸 (0-60)	
	腕内展(挠骨侧) (0-30)	
	腕外展(尺骨侧) (0-20)	
	髋	

4.4.NSCA basic

Click “NSCA basic”

Fill in the form and click “Send”.

体能训练检测 - NSCA 基础检测

基本个人资料

使用者编号: 00000000 日期(mm/dd/yyyy): 04/03/2007

姓名: 测试员1 年龄: 21 保险编号: 00000000

体重: 50 公斤

身高: 180 厘米

检测记录

力量 (1次最大反复次数)

仰卧推举 (1 RM): 公斤

颈后深蹲 (1 RM): 公斤

爆发力

爆发上搏 (1 RM): 公斤

垂直跳高: 厘米

Margaria-Kalamen动力测验(跑楼梯检测) 楼梯高度: 米 时间: 秒

无氧运动能力

300码折返跑: (1) 秒 (2) 秒

直线来回奔跑: (1) 秒 (2) 秒 (3) 秒 (4) 秒

肌肉耐力

1分钟仰卧起坐: 次

有氧耐力 (2.414 公哩)

1.5哩跑: 分 秒

敏捷性

T - 字跑: (1) 秒 (2) 秒

六边形跑: (1) 秒 (2) 秒 (3) 秒

4.5.Flexibility

Click “Flexibility”

Fill in the form and click “Send”.

运动物理治检查 - 柔软性

基本个人资料

使用者编号: 00000000 日期(mm/dd/yyyy): 03/27/2007

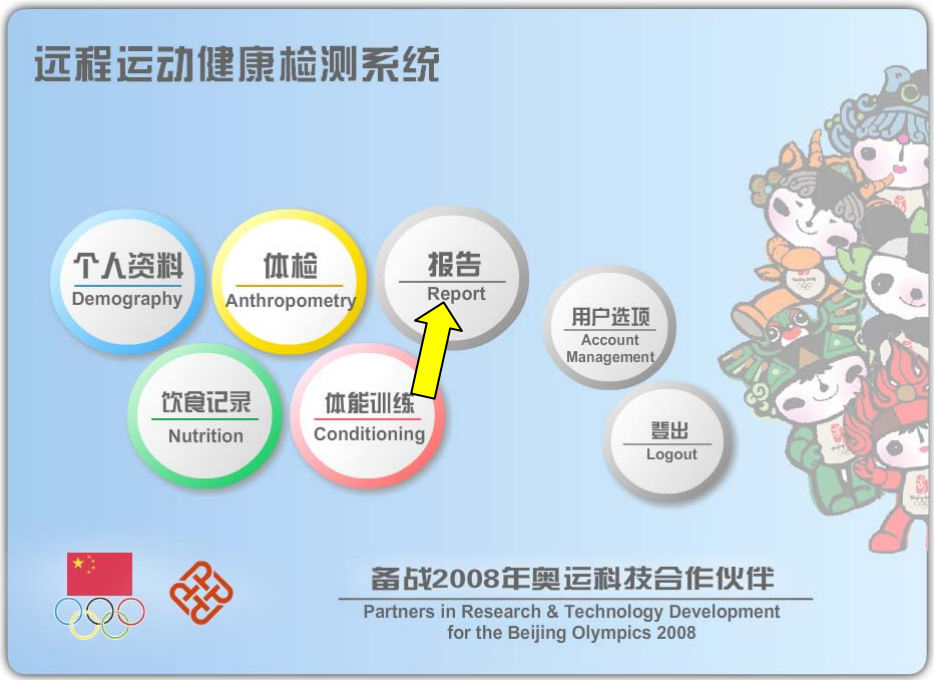
姓名: 测试员1 年龄: 21 保险编号: 00000000

(P = 痛, T = 紧) (P = 痛, T = 紧)

左			右	
☐T ☐P	肩关节	仰卧位被动内旋 (150)		☐T ☐P
☐T ☐P		仰卧位被动外旋 (150)		☐T ☐P
☐T ☐P	髋	正中位被动内/外旋		☐T ☐P
☐T ☐P		坐位屈髋90度被动内/外旋		☐T ☐P
☐T ☐P		仰卧位屈髋90度被动内/外旋		☐T ☐P
☐T ☐P		4 形测试 (<3cm)		☐T ☐P
☐T ☐P		20 度屈膝Ober 测试		☐T ☐P
☐T ☐P		90 度屈膝Ober 测试		☐T ☐P
☐T ☐P		长收肌		☐T ☐P
☐T ☐P		短收肌		☐T ☐P
☐T ☐P	髋和膝	托马思测试 - 髋 (7)		☐T ☐P
☐T ☐P		托马思测试 - 膝 (45)		☐T ☐P
☐T ☐P	股后肌	主动伸膝测试		☐T ☐P
☐T ☐P	踝	踝背屈 (20)		☐T ☐P
☐T ☐P		踝背伸 (30)		☐T ☐P
	下背	坐位前伸测量		☐T ☐P

5. **Report**

Click “Report” on the Main Menu.

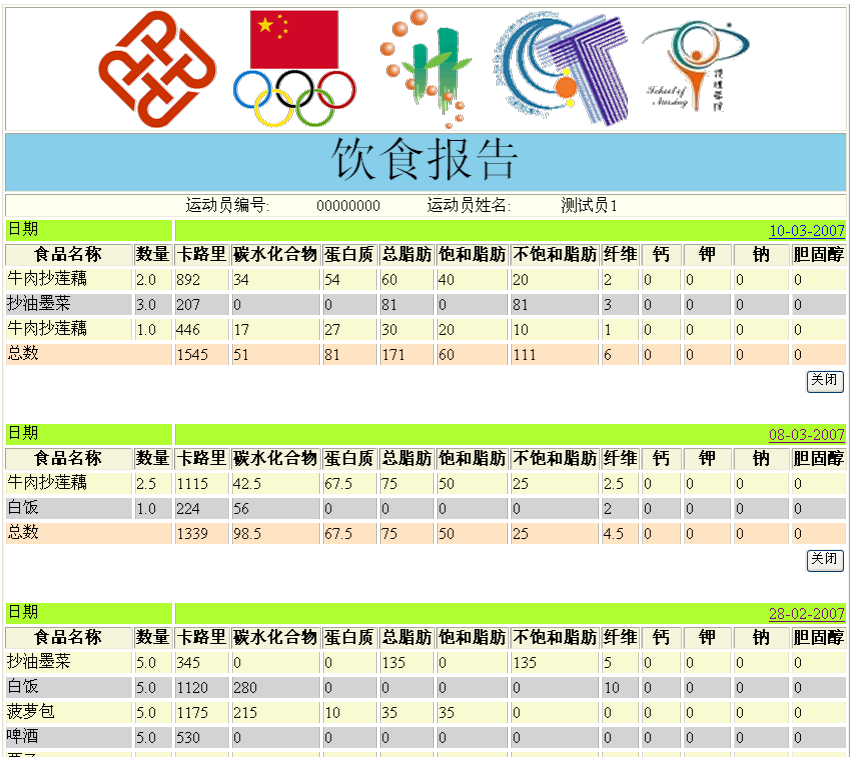


Three items, **Diet Report**, **Physical Training Report** and **Injury Survey Report**, are displayed.

5.1. Diet Report

Click “Diet Report ”.

Daily diet record and nutrient profiles can be shown.



饮食报告

运动员编号: 00000000 运动员姓名: 测试员1

日期												10-03-2007
食品名称	数量	卡路里	碳水化合物	蛋白质	总脂肪	饱和脂肪	不饱和脂肪	纤维	钙	钾	钠	胆固醇
牛肉抄莲藕	2.0	892	34	54	60	40	20	2	0	0	0	0
抄油墨菜	3.0	207	0	0	81	0	81	3	0	0	0	0
牛肉抄莲藕	1.0	446	17	27	30	20	10	1	0	0	0	0
总数		1545	51	81	171	60	111	6	0	0	0	0

关闭

日期												08-03-2007
食品名称	数量	卡路里	碳水化合物	蛋白质	总脂肪	饱和脂肪	不饱和脂肪	纤维	钙	钾	钠	胆固醇
牛肉抄莲藕	2.5	1115	42.5	67.5	75	50	25	2.5	0	0	0	0
白饭	1.0	224	56	0	0	0	0	2	0	0	0	0
总数		1339	98.5	67.5	75	50	25	4.5	0	0	0	0

关闭

日期												28-02-2007
食品名称	数量	卡路里	碳水化合物	蛋白质	总脂肪	饱和脂肪	不饱和脂肪	纤维	钙	钾	钠	胆固醇
抄油墨菜	5.0	345	0	0	135	0	135	5	0	0	0	0
白饭	5.0	1120	280	0	0	0	0	10	0	0	0	0
菠萝包	5.0	1175	215	10	35	35	0	0	0	0	0	0
啤酒	5.0	530	0	0	0	0	0	0	0	0	0	0

5.2. Physical Training Report

Click “Physical Training Report”.

Five Conditioning reports can be chosen.

5.2.1. Body Measurement Report

Click “Body Measurement”.

Click on the hyperlinks for reports you would like to read.

运动物理治检查 - 人体测量报告

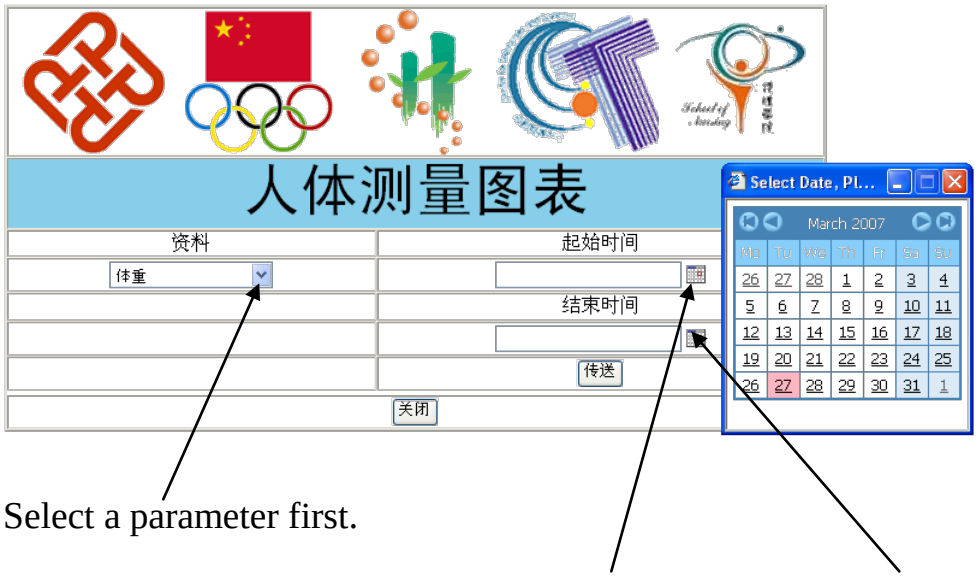
运动员编号: 00000000 寻找

运动员姓名: 测试员1

日期(mm/dd/yyyy): 04/03/2007

	3/7/2007 6:14:18 PM	3/9/2007 10:49:22 PM (最近一次)	改变百分比
体重(公斤)	67.1	40	-67.75
脂肪比	15.3	23	33.48
皮褶厚度(毫米)			
三头肌*	8		
肩胛下*	4.5		
二头肌*	6		
髂骨脊(非必须)	7.5		
棘上*	2.5		
腹*	7		
大腿*	4.5		
小腿*	9.5		
腋窝(非必须)	3		
胸 (非必须)	7		
*七个皮褶厚度总和	10.65	34	68.68

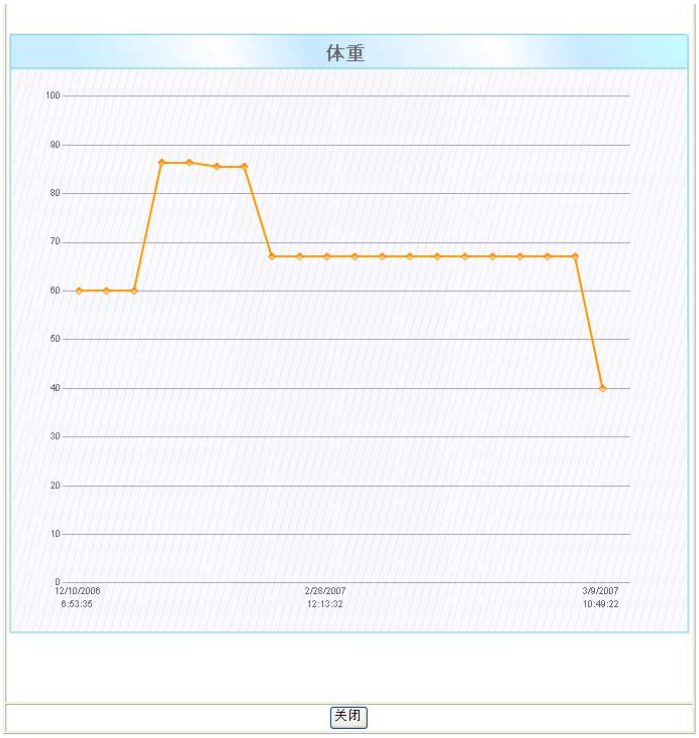
A report is shown.



Select a parameter first.

Click the calendar icons and select a “Starting Date” and a “Finishing Date” to indicate the period you would like the information generated in your report.

A graph showing the selected parameter in different episodes will be generated.



5.2.2. NSCA measure Report

Click “NSCA measure”

Click on the hyperlinks for reports you would like to read.

休能检测报告

运动员编号: 00000000 寻找

运动员姓名: 测试员1

日期(mm/dd/yyyy): 04/03/2007

上肢偏好: 撇子 - 左 / 击球 - 左

下肢偏好: 踢球 - 左 / 起跳 - 左

日期	3/7/2007 (前一次) 6:18:30 PM	3/7/2007 (最近一次) 6:19:35 PM	改变百分比
身高 (厘米)	185	185	0.00
体质指数 (calculate 体质指数=体重/(身高x身高))	19.6	19.6	0.00
体脂 (%)	15.3	15.3	0.00
T-字跑 (秒)	55.0	55.0	0.00
六角跳 (秒)	40.0	43.3	7.62
右单腿下蹲(个)	40	35	-14.29
左单腿下蹲(个)	35	40	12.50
俯卧撑(个)	35	40	12.50
仰卧起坐(个)	35	35	0.00
头上药球投 (米)	50.0	50.0	0.00
体前药球投 (米)	40.0	40.0	0.00
胸前药球投 (米)	35.0	35.0	0.00

When a table is shown, select a parameter first.
Click the calendar icons and select a “Starting Date” and a “Finishing Date” to indicate the period you would like the information generated in your report.

A graph showing the selected parameter in different episodes will be generated.

5.2.3. Physiotherapy examination Report

Click “Physiotherapy examination”

Click on the hyperlinks for reports you would like to read.

运动物理治疗检查 – 关节活动报告

运动员编号: 00000000 寻找

运动员姓名: 测试员1

日期(mm/dd/yyyy): 04/03/2007

		日期 3/7/2007 6:41:04 PM		3/7/2007 日期 6:45:30 PM		改变百分比	
		左	右	左	右	左	右
右颈	屈 (0-45)	40	41	43	45	6.98	8.89
	伸 (0-45)	42	41	39	40	-7.69	-2.50
	回旋 (0-60)	50	53	50	50	0.00	-6.00
躯干	屈 (0-80, 10cm)	70	69	70	69	0.00	0.00
	伸(0-20-30)	22	21	22	21	0.00	0.00
	回旋 (0-45)	41	42	41	42	0.00	0.00
肩部	屈 (0-180)	145	145	150	151	3.33	3.97
	伸(0-60)	55	55	55	55	0.00	0.00
	外展 (0-180)	175	175	165	165	-6.06	-6.06
	内旋 (0-70)	65	65	65	66	0.00	1.52
	外旋 (0-90)	85	85	75	76	-13.33	-11.84

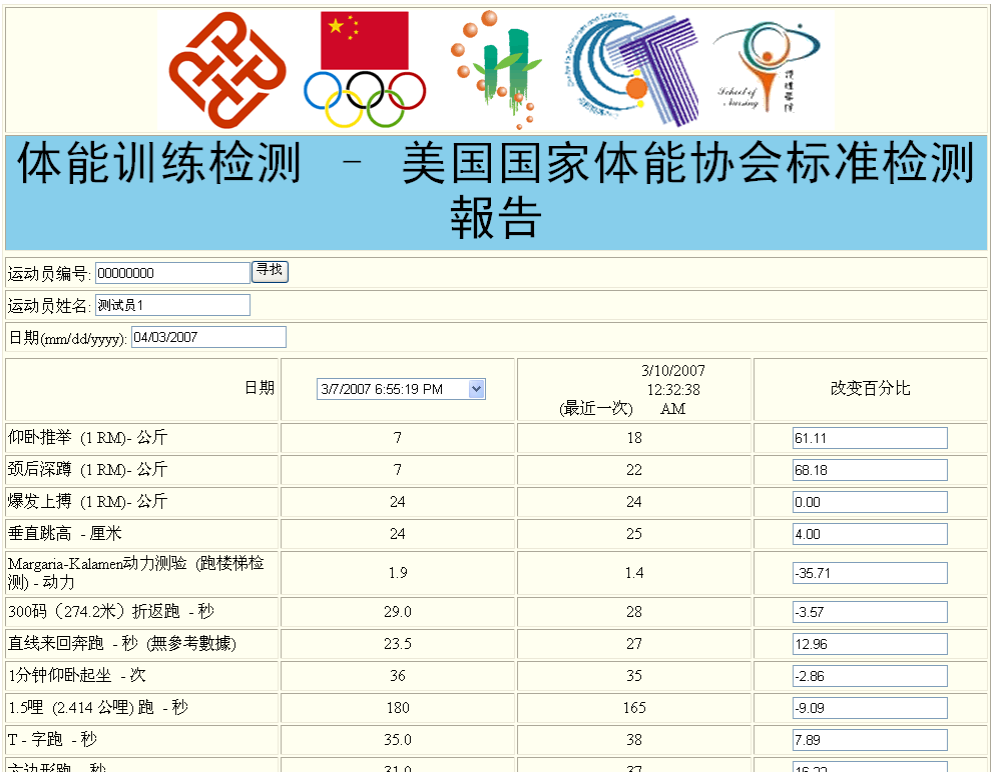
When a table is shown, select a parameter first.

Click the calendar icons and select a “Starting Date” and a “Finishing Date” to indicate the period you would like the information generated in your report. A graph showing the selected parameter in different episodes will be generated.

5.2.4. NSCA basic Report

Click “NSCA basic”

Click on the hyperlinks for reports you would like to read.



体能训练检测 – 美国国家体能协会标准检测報告

运动员编号: 00000000 寻找

运动员姓名: 测试员1

日期(mm/dd/yyyy): 04/03/2007

日期	3/7/2007 6:55:19 PM	3/10/2007 12:32:38 AM (最近一次)	改变百分比
仰卧推举 (1 RM)- 公斤	7	18	61.11
颈后深蹲 (1 RM)- 公斤	7	22	68.18
爆发上搏 (1 RM)- 公斤	24	24	0.00
垂直跳高 - 厘米	24	25	4.00
Margaria-Kalamen动力测验 (跑楼梯检测) - 动力	1.9	1.4	-35.71
300码（274.2米）折返跑 - 秒	29.0	28	-3.57
直线来回奔跑 - 秒 (無參考數據)	23.5	27	12.96
1分钟仰卧起坐 - 次	36	35	-2.86
1.5哩 (2.414 公哩) 跑 - 秒	180	165	-9.09
T - 字跑 - 秒	35.0	38	7.89

When a table is shown, select a parameter first.
Click the calendar icons and select a “Starting Date” and a “Finishing Date” to indicate the period you would like the information generated in your report.

A graph showing the selected parameter in different episodes will be generated.

5.2.5. Flexibility Report

Click “Flexibility”

Click on the hyperlinks for reports you would like to read.

运动物理治检查 – 柔软性报告

运动员编号: 00000000 ?找

运动员姓名: 测试员1

日期(mm/dd/yyyy): 04/03/2007

		日期	3/7/2007 6:42:39 PM		(最近一次)3/7/2007 6:42:39 PM		改变百分比	
			右 (度)	左 (度)	右 (度)	左 (度)	右	左
肩	被动肩外旋		147	148	147	148	0.00	0.00
	被动肩内旋		146	145	146	145	0.00	0.00
髋	被动髋内外旋		45	46	45	46	0.00	0.00
	被动髋内外旋(坐位90度曲)		70.3	72	70.3	72	0.00	0.00
	被动髋内外旋(仰卧位90度曲)		85	90	85	90	0.00	0.00
	四字测试		2.75	2.8	2.75	2.8	0.00	0.00
	奥伯测试(20度曲膝)		18	18.5	18	18.5	0.00	0.00
	奥伯测试(90度曲膝)		85	82	85	82	0.00	0.00
	长内收肌		51	53	51	53	0.00	0.00
	短内收肌		75	76	75	76	0.00	0.00
髋和膝	托马斯测试(髋)		6	7	6	7	0.00	0.00
	托马斯测试(膝)		42	43	42	43	0.00	0.00

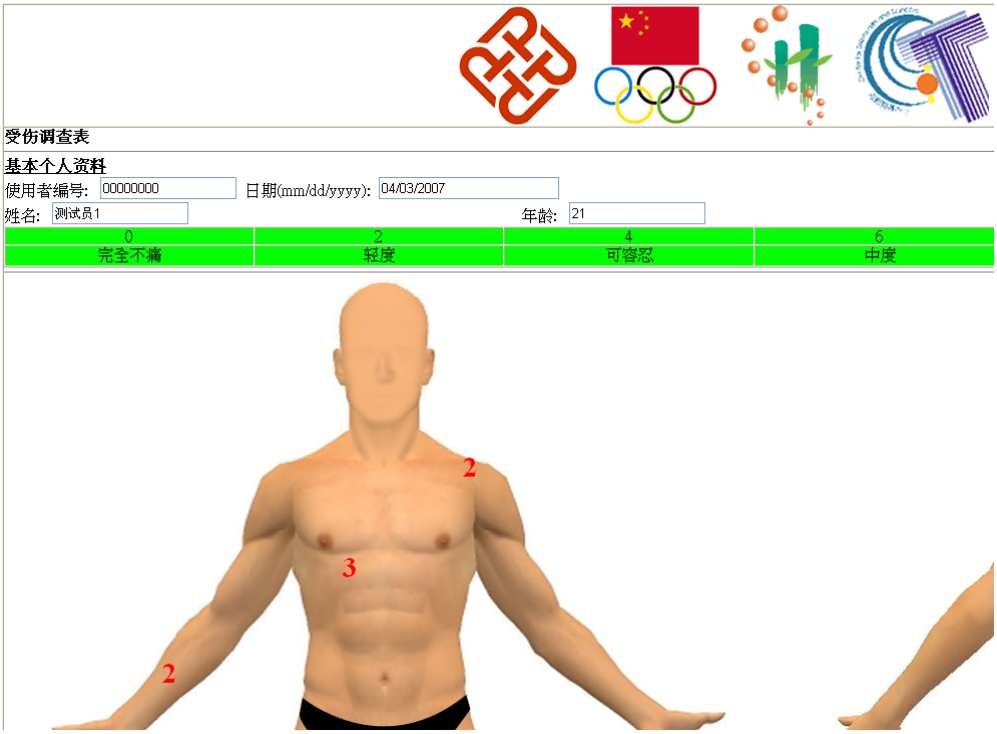
When a table is shown, select a parameter first.

Click the calendar icons and select a “Starting Date” and a “Finishing Date” to indicate the period you would like the information generated in your report. A graph showing the selected parameter in different episodes will be generated.

5.3.Injury Survey Report

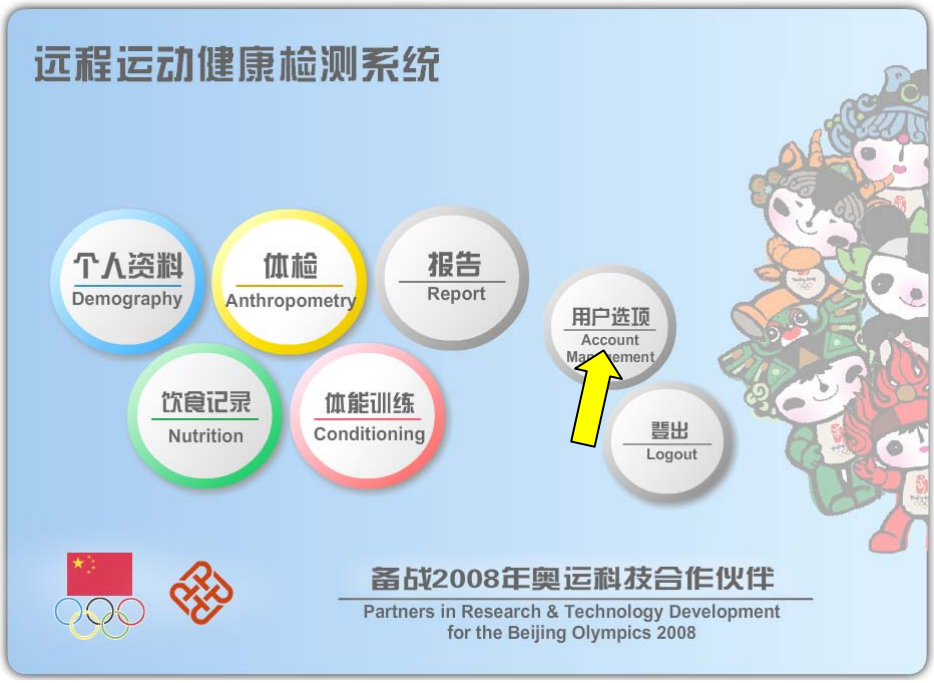
Click “Injury Survey Report”.

Detail information on injury can be shown.



III. Account Management

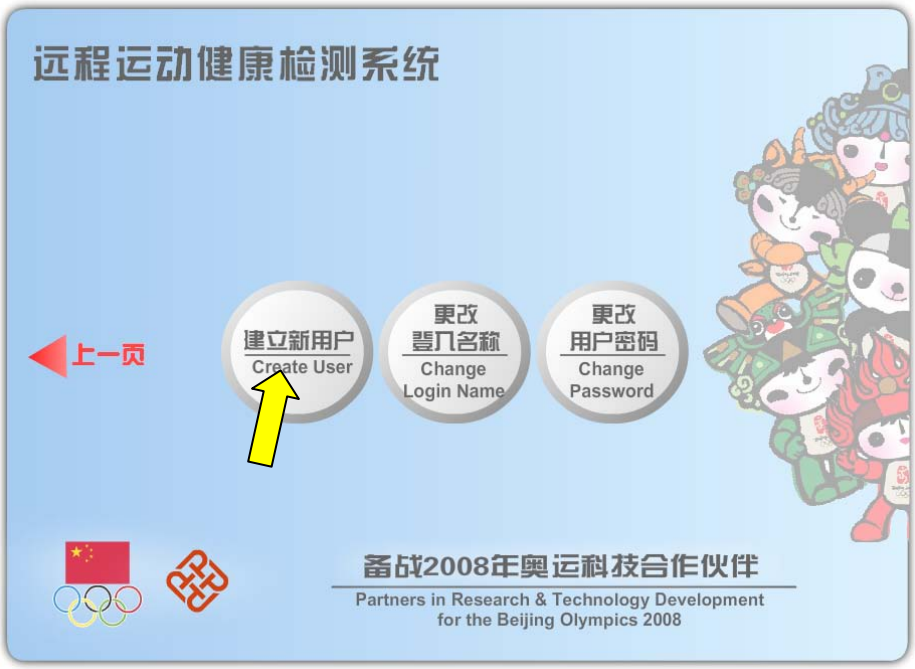
Click “Account Management” for personal account setting.



Three items, **Create User**, **Change Login Name** and **Change Password**, can be displayed.

1. Create User

Click “Create User”



Fill in the form and click “Confirm”.

建立新用户

英文名称	
中文名称	
出生日期 (MM/DD/YYYY)	(月) (日) (年)
性别	○男 ○女
日间电话	
夜间电话	
运动员编号	
保险编号	
用户类别	--请选择--
密码	
重复密码	
	确定 取消

2. Change Login Name

Click “Change Login Name”

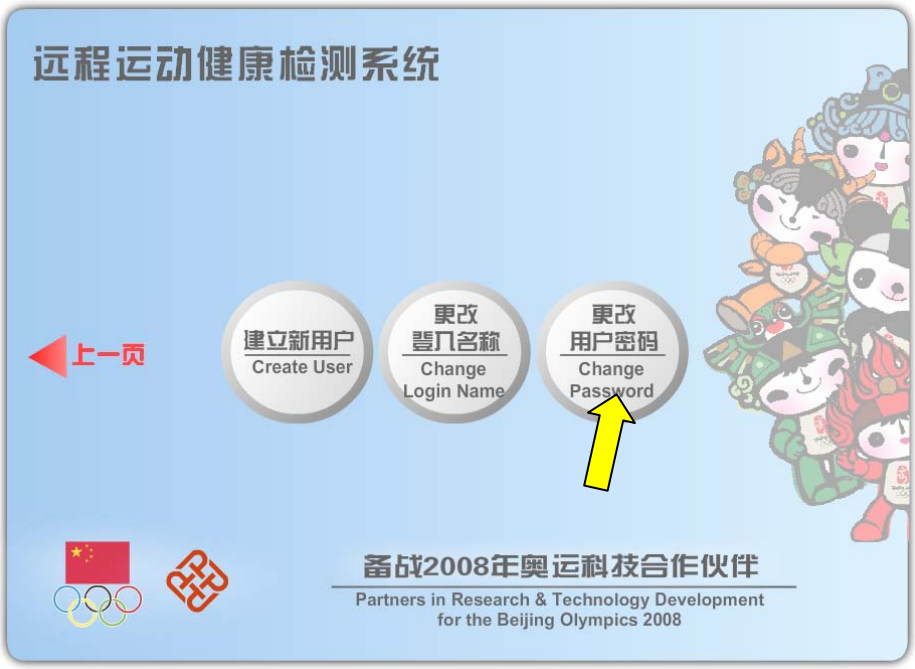
Fill in the form and click “Send”.

更改登入名称

00000000	
登入名称	
重复登入名称	
请输入密码	
确定	取消

3. Change Password

Click “Change Password”



Fill in the old password, the new password, and reconfirm the new password.