

【ABSTRACT】

The method for providing an exercise program using a large language model according to the present disclosure may include providing at least one questionnaire related to an indication of a user to a user terminal, receiving, from the user terminal, response data for the questionnaire, evaluating an exercise performance capability of the user from exercise motion data received from the user terminal using a pre-trained motion evaluation model, generating a prompt to be input to a large language model using at least one of the response data for the questionnaire and a result of the exercise performance capability evaluation, inputting the prompt to the large language model to generate an exercise program related to the indication of the user through the large language model, transmitting a review request for the exercise program generated through the large language model to a medical staff terminal, receiving, in response to the review request, feedback on the exercise program from the medical staff terminal, specifying the exercise program based on the feedback, and providing the specified exercise program to the user terminal.

FIG.1