

【ABSTRACT】

A method for setting a difficulty level of 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 an electronic device; receiving, from the electronic device, response data for the questionnaire; setting an evaluation criterion for evaluating an exercise performance capability of the user, based on at least one of the response data and history information of the user; specifying at least one evaluation item among a plurality of evaluation items related to an exercise performance capability evaluation, based on the evaluation criterion; evaluating the exercise performance capability of the user for the at least one evaluation item, by inputting exercise data of the user into a pre-trained motion evaluation model; generating a prompt to be input to a large language model, using the response data and an evaluation result of the exercise performance capability; inputting the prompt to the large language model to obtain an exercise difficulty level related to the indication of the user from the large language model; and generating an exercise program related to the indication of the user, based on the obtained exercise difficulty level.

FIG. 7