



FITNESS TEST COURSE

Requirements for completing the course are:

Students applying for the course must make an appointment to begin the course by the end of the 2nd week of the given semester, and attempt to meet the requirements of the assignment list by the end of the 6th week. Those who do not comply with the deadlines described above will be automatically blocked.

1) 1) In the field of aerobic endurance referring to the state of circulation and breathing. (one of them is compulsory)

RUNNING ON TREADMILL (Tavaszmező str.) for 12 mins OR	Women:	2400 m at a 12 km/h speed
	Men:	2600 m at a 13 km/h speed
ROWING BENCH (Tavaszmező str.) on a Concept2 bench, on 4th degree for for 12 mins OR	Women:	2200 m
	Men:	2800 m
BICYCLE on a TUNTURI E80R machine (Doberdó str 15) NM pedal power for 12 mins	Women:	5000 m
	Men:	6000 m

2, In motor tests indicating the state of general physical strength and endurance.

Measuring the strength and endurance of the shoulder girdle and arm muscles

Arm bending and stretching continuously in the front push-up position	Women:	normal 10 pc, aerobic (kneeling) 20 pc
	Men:	40 pc, <u>or</u> 10 pc pulling constantly

Measurement of the strength endurance of the hip flexors and abdominal muscles

Sitting up from a supine position, hands on the back of the head, touching knees with elbows, continuously	Women:	70 pc
	Men:	70 pc

Measurement of the combined dynamic strength of arm, trunk and leg muscles

	Women:	7,5 meters
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ÓBUDAI EGYETEM
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Two-handed ball throw (throw) backwards, overhead with a 3 kg stuffed ball	Men:	12 meters
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Regards,
Ákos Hiervarter
Institute of Physical Education and Sports
Director

