

Budapest, 09/05/2023

## 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)

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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	Women:	2200 m
4th degree for		
for 12 mins OR	Men:	2800 m
BICYCLE	Women:	
on a TUNTURI E80R 🐺		5000 m
machine (Doberdó str		
15) NM pedal power	Men:	6000 m
for 12 mins		

## 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	Women:	normal 10 pc, aerobic (kneeling) 20 pc
stretching continuously in	Men:	40 pc, or 10 pc pulling constantly
the front push-up position		

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

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

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

Women: 7,5 meters

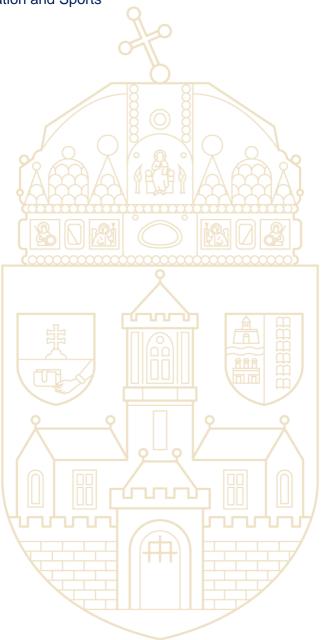


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Two-handed ball throw (throw) backwards, overhead with a 3 kg stuffed ball	Men:	12 meters
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**Regards,** Ákos Hiervarter Institute of Physical Education and Sports Director





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