



## 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)

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

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

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

|   |               |       |
|---|---------------|-------|
| <b>Sitting up from a supine position, hands on the back of the head, touching knees with elbows, continuously</b> | <b>Women:</b> | 70 pc |
|   | <b>Men:</b>   | 70 pc |

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

|  |               |            |
|--|---------------|------------|
|  | <b>Women:</b> | 7,5 meters |
|--|---------------|------------|



|   |             |           |
|---|-------------|-----------|
| <b>Two-handed ball throw<br/>(throw) backwards,<br/>overhead with a 3 kg stuffed<br/>ball</b> | <b>Men:</b> | 12 meters |
|---|-------------|-----------|

