

Physical Aptitude Test

Swimming

2x50 meter swimming in two kind of competitive strokes (Continuous swimming!). As it is a basic requirement, in case of „not accepted” (-) record the applicant can not go on with the Entrance Examination.

Sport games

Applicants must select three sport games from Handball, Basketball, Football and Volleyball.

- **Handball:** Overarm throw from cross step with handball from the handball court's baseline. *Evaluation:* women accepted (+) from 19 meter long throw, men accepted (+) from 22 meter long throw.
- **Basketball:** Slalom dribbling with basketball between 5 buoys there and back. The buoys are 2 meters far from each other. Start 1 meter before the first buoy. *Evaluation:* women's minimum: in 10 seconds (+), men's minimum: in 9 seconds (+).
- **Football:** Slalom dribbling with football between 5 buoys there and back. The buoys are 2 meters far from each other. Start 1 meter before the first buoy. *Evaluation:* women's minimum: in 15 seconds (+), men's minimum: in 13 seconds (+).
- **Volleyball:** Continuous overhead passing (alone) with volleyball, inside a 3.6 m diameter circle which can not be left during the test. *Evaluation:* women's minimum: 15 passes (+), men's minimum: 20 passes (+).

Conditioning

Sit-ups from lying with the back on the floor with bent knees. Requirements: touching the knees or the thighs with the elbows, continuous contact between the hands and the head, during the movement downwards the middle-back should touch the ground. The test lasts 1 minute. *Evaluation:* women's minimum: 10x (+), men's minimum: 15x (+).

Women's Gymnastics

Starting Position: hang on the uneven bars or on the high bar. Lifting the legs and lowering them into the position of skin the cat and then pull back out. Requirement: in the skin the cat the trunk's level should be under horizontal level (under the shoulders level). *Evaluation:* minimum: 1x (+).

Men's Gymnastics

Pull over on the high bar into support position, and returning back into hang. Requirement: Starting from straight-arm hang and returning to the same position. *Evaluation:* minimum: 1x (+).

Athletics

- 60 meters run: *Evaluation:* women's minimum: in 10 seconds (+), men's minimum: in 9 seconds (+).
- 1,5 mile (2412 meters) run: *Evaluation: absolution without stop is accepted (+).*

Combat Sports

Stabilometer test (movement coordinational and reaction time test). The applicant stays on a table in front of a monitor. The body mass centre should be moved to the assigned positions as fast as possible. The movement and the points are followable on the screen. (Action time: 20 seconds, assigned positions: 8.) *Evaluation:* minimum 1 match (+).

Overall Evaluation

The 50% of the 8 exercises (the 3 Sport Games, the Conditioning, the Gymnastics by gender, the 2 Athletics and the Combat Sports) should be accepted (+) for the succesful Physical Aptitude Test.