



Aptitude Test in Physical Fitness

Requirements:

- Medium-pace, continuous running (women: 3 minutes, men: 5 minutes) OR continuous rope-skipping. While completing the rope-skipping exercise, applicants may run or hop on one or both legs (women: 2 minutes, men: 4 minutes),
- Balancing and turning while walking on a bench placed across two hassocks,
- Taken at a run: jumping from one leg over a bench placed crosswise and turned over; arriving on both feet, in a squat,
- Hitting a perpendicular target (basketball hoop); one-handed throw with a small ball from 8-meter distance,
- Passing balls while standing in place, running and in pairs, using dominant and non-dominant hand and an air-filled ball OR bouncing a ball off a wall and catching it on the rebound continuously (in the case the exercise cannot be completed in a pair due to lack of sufficient pairs)
- Dribbling a ball with the dominant and non-dominant hand,
- Hanging from one place with elbows bent (women: 5 seconds, men: 8 seconds),
- Bending and extending the elbows while in pectoral push-up position (women: 3 times, men: 6 times),



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- Demonstration of the gymnastic components provided below:

