



**EÖTVÖS LORÁND UNIVERSITY**  
**FACULTY OF PRIMARY AND PRE-SCHOOL**  
**EDUCATION**



## **Aptitude Test in Physical Fitness**

### **Requirements:**

#### **VIDEO 1.**

##### **Running/Skipping**

- 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),

#### **VIDEO 2.**

##### **Balancing**

- Balancing and turning 360 ° 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,

##### **Ball Exercises**

- Passing balls while standing in place, (OR bouncing a ball off a wall and catching it on the rebound continuously (in the case the exercises cannot be completed in a pair due to lack of sufficient pairs)
  1. two-handed passes 6 repetitions each (1. chest pass, 2. overhead pass)
  2. one- handed passes 6 repetitions each (1. right handed 2. left handed)
- Passing balls while running in pairs, using dominant and non- dominant hand
- Dribbling a ball with the dominant and non-dominant hand,

##### **Strength Exercise**

- Maintaining plank position in the correct alignment for 30 sec. women / 50 sec. men