



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