



## **SPORTS APTITUDE TEST AT THE UNIVERSITY OF EUROPE FOR APPLIED SCIENCES (UE)**

Based on § 2 of the Regulations for Admission, Admission and Enrolment of the University of Applied Sciences, applicants for the Bachelor's degree programmes Sports Science: Training and Performance (B.A.) and Sports Science: Health and Fitness (B.A.) must provide one of the following proofs:

- a) proof of having successfully passed a sports aptitude test at UE or another higher education institution (public or private) in Germany or abroad **or**
- b) proof of completion of the advanced course in sports at secondary school **or**
- c) proof of completion of the basic course in sports in the upper school with at least the grade 'good' **or**
- d) proof of a training or exercise instructor licence (popular or competitive sport) of the German Olympic Sports Confederation (Deutscher Olympischer Sportbund) **or**
- e) Proof of the German Sports Badge in at least silver **or**
- f) Proof of membership in a competitive sports squad.

The proof must not be **older than two years**. If the sports aptitude test is taken at UE, a **medical certificate** (see document Medical Certificate) certifying unrestricted fitness for sports and swimming must be submitted. The medical certificate must not be **older than twelve months** on the date of application. In addition, applicants **under the age of 18** must submit a declaration of consent from their legal guardians (see document Declaration of Consent) to take the sports aptitude test.

**Proof of swimming ability** shall be provided as follows:

- a) A minimum silver German youth swimming badge (under 18s) **or**
- b) A minimum silver German Swimming Badge (German Swimming Pass; minimum age 18 years) **or**
- c) Equivalent badges/certificates from other organisations/providers **or**
- d) Passing the swimming part of the sports aptitude test.

Information on a) and b) can be found on the following website:

*<http://www.dsv.de/fitness-gesundheit/schwimmabzeichen/>*.

Proof of swimming ability must be submitted at least one day before the sports aptitude test.

Participants in the Sport Aptitude Test at UE must complete all parts of the test. Partial examinations are possible by providing evidence of a physical limitation of the applicant. The sports aptitude test **is passed** if the performance requirements have been met **in seven out of eight of the test parts**. Passing the 1500-metre run is compulsory. These are minimum requirements.

## **Examination sections and minimum requirements**

### **A. Sport motor requirements**

In **all** of the following parts of the test, the minimum requirements stated must be met.

#### **1. Strength**

Push-ups - 1 attempt  
Women: 7 repetitions  
Men: 14 repetitions

#### **2. Speed**

100 m run - 1 attempt  
Women: 16.0 seconds  
Men: 13.6 seconds

#### **3. Strength endurance**

Burpees (push-up jump) - 1 attempt  
Women: 6 burpees in one minute  
Men: 8 burpees in one minute

#### **4. Endurance**

1500 m run - 1 attempt  
Women: 7:30 minutes  
Men: 6:10 minutes

## **B. In a sports game specific requirement**

The minimum requirements stated must be met for **one** of the sections listed.  
The choice is made by the candidate.

### **1. Basketball**

- Basket shot after dribbling has been completed
- Basket throw from free throw distance
- Two-handed pressure pass against the wall

### **2. Football**

- Ball juggling - right and left foot, knee, head
- Double pass with goal
- Slalom dribbling

### **3. Handball**

- Dribbling with final shot at goal
- Dribbling with ball release, ball reception and final goal throw including stem step
- Ball reception, dribbling and final goal throw and feint

### **4. Volleyball**

- Serve from above and below
- Serve and dig over the net after pass
- Butterfly ball with jumping from both legs after a pass

### C. Requirements in the core sports of individual sport

The above minimum requirements shall be met in **all** of the following parts of the examination.

#### 1. Athletics

Standing long jump (jump and landing on both legs) - 3 attempts

Women: 1.50 metres

Men: 2.00 metres

#### 2. Gymnastics

Handstand - 3 attempts

Stable execution with short holding phase

For **proof of swimming ability**, see chapter Sports Aptitude Test at UE.

#### 3. Swimming

As an alternative **proof of swimming ability**, see chapter *Sports Aptitude Test at UE*.

*Distance 100m - 1 attempt*

##### Crawl

Women: 1:58 min.

Men: 1:50 min.

##### Breaststroke

Women: 2:10 Min.

Men: 2:00 Min.