

## Requirements for the Physical Aptitude Test at the German Sport University Cologne

### 1. Athletics

Disciplines (number of trials)	Discipline	Minimal performance	
		Female	Male
1.1 Sprint (1)	100m	15,5 sec	13,4 sec
1.2 Jump (3)	High jump	1,20 m	1,40 m
1.3 Throw (3)	Shot put	4 kg 6,75 m	7,25 kg 7,60 m

### 2. Gymnastics

Disciplines (number of trials)	Discipline	Technical criteria = Minimal performance
2.1 Vaulting horse (2)	Distance from the Reuther board 1,10m Height for females = 1,20 m / Height for males = 1,25 m	<ul style="list-style-type: none"> <li>• tuck jump with a two-legged take-off</li> <li>• feet must not touch the vaulting horse</li> <li>• controlled landing with both feet</li> </ul>
2.2 Floor (2)	Floor	Forwards roll – vertical jump with a half turn – bent arm back extension roll or backwards roll into a handstand – handstand forward roll ( <i>rolling back down is permitted</i> ) – run-up, hop, cartwheel
2.3 High bar (2)	High bar	Stem – backswing – giant circle backwards – underswing from the stem or from standing (use of swinging leg is permitted)
2.4a Still rings (2)	Only females have to perform this task	Swinging with bent arms
2.4b Chin-ups (2)	Only males have to perform this task	5 chin-ups Arms have to be straightened after each repetition

### 3. Swimming

Discipline (number of trials)	Technical criteria = Minimal performance	
Dive (2)	Dive from the 1 m board	
Swimming under water (1)	20 m swimming under water	
Technique demonstration (2)	25 m crawl and 25 m breaststroke	
	Female	Male
100 m The swimming technique is optional but cannot be changed during the discipline	Breaststroke: 2 min Freestyle: 1:48 min	Breaststroke: 1:50 min Freestyle: 1:40 min

### 4. Team sports

Candidates can choose from **basketball, handball, hockey, volleyball** or **football**. **The following criteria have to be fulfilled:**

- Correct technique in offence and defense in a match situation
- Correct tactical behavior in offence and defense in a match situation

### 5. Racket sports

Candidates can choose from **badminton, tennis** or **table tennis**. **The following criteria have to be fulfilled:**

- Use of correct technique in a match situation
- Correct behavior in offence and defense in a match situation

**The team and racket sports have to be indicated on the application form. This decision is final and cannot be subsequently changed later**

### 6. Endurance

This test is always held at the end of the day of testing. This discipline must be successfully passed!

Requirements:

Females → 2000 m under 10 minutes

Males → 3000 m under 13 minutes