

Welcome to the first part of the Entrance Exam for the Bachelor's Degree in Sports and Leisure Management KAMK!

Please read the following instructions carefully.

The video assignment must be submitted within 7 days of submitting your application. A link to your YouTube video or Dropbox file must be provided in the application form no later than 3:00 PM on the seventh day following the submission of your application. Please make sure that the given link for your video works and that the video is not private and thus not accessible.

Video with the content described below are required from all applicants.

We only accept videos sent on the application form, not via email.

Video 1. Sports video based on given instructions

An example video of the sport tasks that the applicant must perform can be found via this link:

<https://youtu.be/ACpEUt3JmbY>

Attached are detailed instructions on how to repeat the exercises demonstrated on the video. The applicant must carry out the movements demonstrated in the instruction video and film him/herself doing them. Sports tasks can be performed indoors or outdoors. If you do not have access to the cones, you can use other objects as long as they are visible on the video (e.g. balls, backpacks etc.)

Upload the video to your own Youtube page or Dropbox and submit within 7 days of submitting your application. The video's quality must be good enough to ensure the clarity of images and sound.

We wish you lots of luck and look forward to receiving your video.

Tasks for the Sports Video

1. Quintuple jump (5-jump)

Start from the line with legs next to each other. First jump with both feet and then do four jumps with one leg (left – right – left – right, or right – left – right – left) landing on both feet. Try to move as far as possible.

2. Football race

Equipment: A football, bench or wall and two cones

Set the cones facing the bench or wall in a direct line. The distance from a cone to wall is 4 meters (both ends) and between the cones 3 meters.



Start by setting the ball next to one cone. Start with a pass to the bench and receive the pass. Circle the cones by completing the figure 8 and passing in both ends. Perform 10 passes (5 to both ends) and after the 10th pass receive the ball and stop with it right between the cones.

3. Football tricks

Start by keeping the ball steady on the ground with your foot. Lift the ball in the air with your foot and bounce it four times with your feet (left – right – left – right). Continue with thighs (four times, left right..) and finally bounce the ball four times with your head.

If you are unable to complete the whole pattern, videotape your best attempt and send it to us.

4. Motor development test

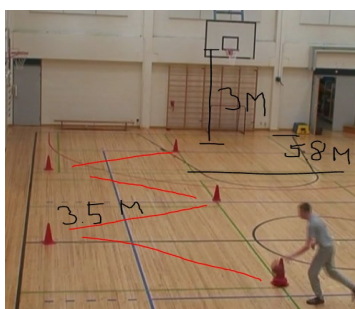
Perform the series of movements presented in the video.

5. Volleyball technique test

Throw the ball in the air and pass it to the wall 10 times: 5 times with fingers (overhead pass) and 5 times with your arms (underarm passes), not catching the ball.

6. Basketball race

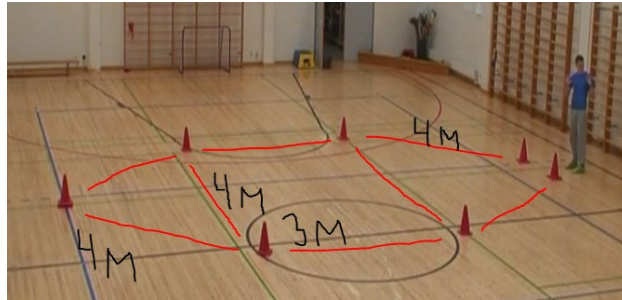
Equipment: A basketball, 5 cones and a basket (height of the basket from the ground 3 meters)
Place the cones on the left side of the basket in 2 different lines so that they form a "W". The distance between the cones is 3.5 meters. Mark also the free throw line (5.8 meters from the basket).



Start by standing next to the cone furthest from the basket. Move forward by dribbling the ball and circling the cones as demonstrated in the video. After the last cone move to the free throw line and shoot at the basket (only one attempt). Catch the ball and move backwards to the starting point using the steps as demonstrated in the video. Move as fast as you can without losing the ball.

7. Speed and agility test

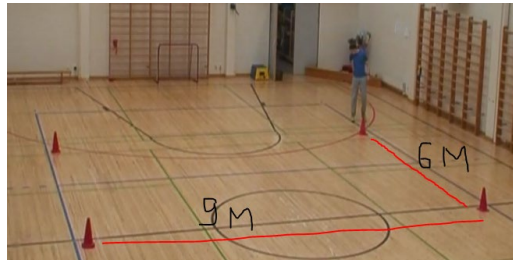
Equipment: 7 cones and a 15mx15m flat area (indoor gym or outdoor field). Place the cones as demonstrated in the video with 2 cones in the starting point and 5 cones placed as demonstrated below.



Start by jumping sideways for ten times, and then sprint and run the track through as demonstrated in the video. Run as fast as you can.

8. Speed Endurance test

Equipment: 4 cones and a 10mx10m flat area (indoor gym or outdoor field). Place the cones to form a rectangle (long side 9 meters and short 6 meters).



Start from the top right corner and run the formation through as demonstrated in the video for 5 times as fast as you can.