



# GAZETTE

Official gazette of the corporation and the foundation\*

- Ninth amendment to the admission regulations of Leuphana University of Lüneburg for all Bachelor's degree programs (2-subject Bachelor's) that provide the prerequisites for a teaching profession
- New announcement of the Leuphana University of Lüneburg for all Bachelor's degree programs (2-subject Bachelor's), with which the requirements for a teaching profession are taught

\*this gazette is for information purposes only, solely the german version is legally binding

## **Ninth amendment to the admission regulations of Leuphana University of Lüneburg for all Bachelor's degree programs (2-subject Bachelor's) that provide the requirements for a teaching profession**

Based on Section 18 (5) and (6) and Section 17 of the Lower Saxony Higher Education Act (NHG) in the version dated February 26, 2007 (Nds.GVBl. p. 69), last amended by Article 12 of the Act dated December 14, 2023 (Nds. GVBl. p. 320), the Senate of Leuphana University of Lüneburg adopted the following on February 21, 2024. On February 21, 2024, the Senate of Leuphana University of Lüneburg adopted the following ninth amendment to the admission regulations of Leuphana University of Lüneburg for all Bachelor's degree programs (2 subject Bachelor's degree programs), with which the requirements for a teaching profession are taught, dated May 14, 2008 (Leuphana Gazette No. 11/08 of June 16, 2008), last amended on April 19, 2023 (Leuphana Gazette No. 46/23 of May 15, 2023). The Board of Trustees approved this amendment in accordance with Section 18 (14) in conjunction with § 62 para. 4 NHG on March 13, 2024.

### **SECTION I**

The admission regulations of Leuphana University of Lüneburg for all Bachelor's degree programs (2-subject Bachelor) , with which the requirements for a teaching profession are taught, are amended as follows:

1. § Section 1 (2) is revised as follows:

<sup>1</sup>Applicants with an entrance qualification for universities of applied sciences or a previous school education recognized as equivalent in accordance with § 18 para. 1 sentence 2 no. 1 lit. c or d NHG are entitled to study in any subject area in accordance with § 18 para. 3 NHG if they can prove sufficient knowledge in mathematics, German and - if stated in the final certificate - in a scientific, technical or humanities subject in addition to the admission requirement according to § 2. <sup>2</sup>This knowledge is proven with an average grade of at least "3.0" (averaged from the final grade of the three subjects mentioned in sentence 1 in the HZB). <sup>3</sup>They are entitled to study in the subject area corresponding to their previous school education without further proof. <sup>4</sup>Proof of the admission requirements according to sentence 1 must be provided at the time of application.

2. In § 2 para. 1 sentence 2 number 1, "and the Abitur examination" is replaced by "or the Abitur examination".
3. In Section 3 (4) sentence 2, May 30 shall be replaced by May 31.
4. A comma shall be inserted after "(country)" in Section 3 (9) sentence 1 (1).
5. In § 3 para. 9 sentence 1, a comma shall be inserted after each of paragraphs 2 and 3.
6. In § 4 para. 4 sentence 2, May 30 shall be replaced by May 31.
7. In Section 4 (8) sentence 2, the word "also" is deleted.

8. In § 4 para. 9 sentence 1, a comma shall be inserted after each of paragraphs 2 and 4.
9. In Section 4 (9) (4), "aesthetic-artistic" is replaced by "aesthetic-artistic".
10. A comma is inserted after Section 5 (9) sentence 1 number 3.
11. Appendix 1 "Alternative proof of English language proficiency for the subject English (§ 2)" is revised as follows:

<b>Proof</b>	<b>Result/financial statements at least</b>
Cambridge B2 First	Scale 175
Cambridge C1 Advanced	Scale 180
Cambridge C2 Proficiency	Scale 200
European Baccalaureate with English as language L1 or L2	reported final grade 8.0
IB Diploma with English as language A at Higher Level	reported final grade 6
IELTS (International English Language Testing System)	6.5 points
Pearson Test of English, Academic Test (PTE Academic)	63 points
TOEFL- iBT test Test administration at the test center or as a home edition, as well as 4-skills TOEFL iBT- Paper Edition from test date April 12, 2021	90 Points at least the following score Reading: 21 points Listening: 19 points Speaking: 22 points Writing: 20 points
TOEIC- *4 skills* test	– 850 points in Listening and Reading – 340 points in the area of Speaking and Writing
Modules of a university degree course taught exclusively in English and completed with an examination in English	completed studies
a certificate from an English-speaking school that entitles you to study in the respective country	

## **SECTION II**

### **Entry into force**

The amendments described in Section I shall enter into force on the day following their publication in the Official Gazette of Leuphana University of Lüneburg.

## **New announcement of the admission regulations of the Leuphana University of Lüneburg for all Bachelor's degree programs (2-subject Bachelor's), with which the requirements for a teaching profession are taught**

The Presidential Board of Leuphana University of Lüneburg publishes below the wording of the admission regulations of Leuphana University of Lüneburg for all Bachelor's degree programs (2-subject Bachelor's), with which the requirements for a teaching profession are taught, dated May 14, 2008 (Leuphana Gazette No. 11/08 dated June 16, 2008) in the version now in force, taking into account

- of the first amendment of January 14, 2009 (Leuphana Gazette No. 3/09 of March 2, 2009),
- of the second amendment of March 16, 2011 (Leuphana Gazette No. 09/11 of July 14, 2011),
- of the third amendment dated February 20, 2013 (Leuphana Gazette No. 06/13 dated April 10, 2013),
- of the fourth amendment dated February 22, 2018 (Leuphana Gazette No. 36/18 dated July 18, 2018),
- of the fifth amendment of April 15, 2020 (Leuphana Gazette No. 40/20 of April 24, 2020),
- of the sixth amendment of February 17, 2021 (Leuphana Gazette No. 37/21 of March 31, 2021),
- of the seventh amendment of July 14, 2021 (Leuphana Gazette No. 140/21 of September 16, 2021),
- the eighth amendment dated April 19, 2023 (Leuphana Gazette No. 46/23 dated May 15, 2023), and
- of the ninth amendment dated February 21, 2024 (Leuphana Gazette No. 74/24 dated March 22, 2024) known.

### **§ 1 General admission requirements**

- (1) The general admission requirements for all sub-courses of the 2-subject Bachelor's degree course are fulfilled by applicants with a general higher education entrance qualification, a subject-restricted higher education entrance qualification or other previous education recognized as equivalent in accordance with Section 18 (1) NHG.
- (2) <sup>1</sup>Applicants with an entrance qualification for universities of applied sciences or a previous school education recognized as equivalent in accordance with § 18 para. 1 sentence 2 no. 1 lit. c or d NHG are entitled to study in any subject area in accordance with § 18 para. 3 NHG if they can prove sufficient knowledge in mathematics, German and - if stated in the final certificate - in a scientific, technical or humanities subject in addition to the admission requirement according to § 2. <sup>2</sup>This knowledge is proven with an average grade of at least "3.0" (averaged from the final grade of the three subjects mentioned in sentence 1 in the HZB). <sup>3</sup>They are entitled to study in the subject area corresponding to their previous school education without further proof. <sup>4</sup>Proof of the admission requirements according to sentence 1 must be provided at the time of application.

### **§ 2 Special admission requirements for the sub-degree program "English"**

- (1) <sup>1</sup>In addition to the general admission requirements, applicants are only eligible for admission if they can prove sufficient knowledge of English as a foreign language. <sup>2</sup>Sufficient language skills are demonstrated by
  1. the minimum score of 11 points in English as a performance subject or in English as a written examination subject in the upper secondary school (as an average of the four semesters of the course or the Abitur examination) as stated in the university entrance qualification (HZB) or

2. the final grade of at least 2.0 in English shown in the other valid HZBs. <sup>3</sup>Alternatively, English language skills can be proven by the certificates listed in Appendix 1.
- (2) <sup>1</sup>Proof of the admission requirements according to paragraph 1 must be provided at the time of application. <sup>2</sup>The proof can be submitted at the latest by the beginning of the semester for which the application is made. <sup>3</sup>If proof is not provided by this time, the student will be de-registered. <sup>4</sup>The test results must not be older than 2 years.

### § 3 Special admission requirements for the "Music" sub-degree program

- (1) The application for the subject "Music" requires proof of special artistic aptitude in accordance with § 18 para. 5 NHG.
- (2) <sup>1</sup>Proof of special artistic aptitude must be provided by means of an examination. <sup>2</sup>The examination takes place once a year. <sup>3</sup>In special circumstances, the examination may also be held several times a year.
- (3) <sup>1</sup>The qualifying examination is conducted by the Faculty of Education. <sup>2</sup>The dean appoints the required number of examination boards for this purpose. <sup>3</sup>Each committee consists of two full-time or full-time lecturers in the subject of music. <sup>4</sup>In exceptional cases, part-time teachers may become members of examination boards if they have taught at Leuphana University of Lüneburg for at least one year and have passed at least the first state examination for the teaching profession at primary and secondary schools with music as a subject or an equivalent examination. <sup>5</sup>At least one member must be authorized to teach independently.
- (4) <sup>1</sup>Participation in the examination is only possible upon written application. <sup>2</sup>This must be received by the University by May 31st of each year (cut-off deadline). <sup>3</sup>This application must be accompanied by:
1. a curriculum vitae in tabular form showing your artistic career and
  2. the indication of the instrument with which the musical performance is to take place.
- (5) <sup>1</sup>The examination board decides on admission to the artistic examination and, if necessary, commissions the administration with the invitation. <sup>2</sup>The invitation will be in text form and will be sent to the e-mail address stated in the application for participation. <sup>3</sup>Anyone who does not provide evidence of the requirements in accordance with paragraph 4 and has already failed the qualifying examination once will not be admitted to the qualifying examination. <sup>4</sup>A written notification will be issued in this regard.
- (6) <sup>1</sup>The examination covers the following artistic tasks:
1. Written exam (time: 60 minutes): Applied aural training and elementary music theory
  2. Practical part, 3-part (time: 10 minutes; exception: option c.iii)
    - a. Performance of 1 vocal piece (any style),
    - b. Audition of a short text based on a template,
    - c. Choice option:
      - i. Vocal and/or instrumental performance (any style),
      - ii. Media-supported live performance on own equipment (e.g. DJing, arranging, improvisation, playing virtual instruments or apps),
      - iii. Creation and presentation of a music production using standard software and hardware provided by Leuphana University of Lüneburg, on site according to specifications (20 minutes).

<sup>2</sup>The examination takes place in front of the two members of the examination board. <sup>3</sup>Minutes of the examination must be prepared and signed by both examiners.

- (7) <sup>1</sup>Based on the individual examination results, the examination board decides whether a special artistic aptitude in the subject of music has been demonstrated. <sup>2</sup>The examination is passed if the examination results have been assessed as "passed" overall by the members of the examination board. <sup>3</sup>A certificate is issued stating the date of the practical part of the examination. <sup>4</sup>The certificate is valid for the enrolment dates of the following two years. <sup>5</sup>If the examination is not passed, a decision will be issued with information on legal remedies. <sup>6</sup>Unsuccessful applicants can repeat the qualifying examination once.
- (8) <sup>1</sup>Examination and study achievements that have been completed at other universities with comparable courses of study or in a similar manner can be recognized in whole or in part upon request. <sup>2</sup>The same applies to certificates of achievement from conservatories and comparable educational institutions. <sup>3</sup>The application must be received by the University by July 10 of each year together with the required evidence. <sup>4</sup>The examination board decides on the recognition and issues a corresponding notification.
- (9) <sup>1</sup>The following categories of personal data of applicants are processed for the purpose of checking eligibility to participate in accordance with para. 4 and for the organization and implementation of the qualifying examination in accordance with para. 3:
1. Identification data (surname, if applicable maiden name, first name, date of birth, place of birth (country), nationality),
  2. Contact details (address, e-mail address, telephone number),
  3. Details of your curriculum vitae and artistic career,
  4. Answers to tasks,
  5. Assessment of the qualification examination,
  6. Result of the qualifying examination (passed / failed).

<sup>2</sup>The address given in the application will be used for the purpose of sending the results by post. <sup>3</sup>In order to check the criteria according to para. 5 sentence 2, the data according to sentence 1 no. 1 and 6 may be stored and compared with applications submitted later according to para. 4 sentence 1. <sup>4</sup>Data in accordance with sentence 1 nos. 1 and 6 shall be archived by the responsible faculty after 2 years and deleted after 50 years. <sup>5</sup>The data according to sentence 1 no. 2 to 5 will be deleted one year after the result has been announced.

#### **§ 4 Special admission requirements for the sub-degree program "Art"**

- (1) The application for the subject "Art" requires proof of special artistic aptitude in accordance with § 18 para. 5 NHG.
- (2) <sup>1</sup>Proof of special artistic aptitude must be provided by means of an examination. <sup>2</sup>The examination takes place once a year.
- (3) <sup>1</sup>The qualifying examination is conducted by the Faculty of Education. <sup>2</sup>The dean appoints the required number of examination boards for this purpose. <sup>3</sup>Each committee consists of two full-time or full-time lecturers in the subject of art. <sup>4</sup>In exceptional cases, part-time lecturers may become members of examination boards if they have taught at Leuphana University of Lüneburg for at least one year and have passed at least the first state examination for the teaching profession at primary and secondary schools with art as a subject or an equivalent examination. <sup>5</sup>At least one member must be authorized to teach independently.
- (4) <sup>1</sup>Participation in the examination is only possible upon written application. <sup>2</sup>This must be received by the University by May 31st of each year (cut-off deadline). <sup>3</sup>This application must be accompanied by a curriculum vitae in tabular form, indicating aesthetic and artistic specializations.

- (5) <sup>1</sup>The examination board decides on admission to the artistic examination and, if necessary, commissions the administration with the invitation. <sup>2</sup>The invitation will be in text form and will be sent to the e-mail address stated in the application for participation. <sup>3</sup> Anyone who does not provide proof of the requirements in accordance with paragraph 4 and has already failed the qualifying examination once will not be admitted to the qualifying examination. <sup>4</sup>Written notification of this will be issued.
- (6) <sup>1</sup>The examination covers the following aesthetic and artistic tasks:
- a. Answering an aesthetic-theoretical question (max. 200 words)
  - b. Visual examination (digital image) of an aesthetic-practical question.
- <sup>2</sup>Both parts of the examination are submitted digitally as an upload via a web platform provided centrally by Leuphana. <sup>3</sup>Personal identification features of the person to be examined (identification data or other unique assignment) as well as the time of submission may be collected and stored together with the submitted examination parts, insofar as this is necessary for the identification and assignment of the person to be examined. <sup>4</sup>The tasks will be sent by e-mail to the e-mail address stated in the application for participation.
- (7) <sup>1</sup>Based on the individual examination results, the examination board decides whether a particular artistic aptitude in the subject of art has been demonstrated. <sup>2</sup>The examination is passed if the examination results have been assessed as "passed" overall by the members of the examination board. <sup>3</sup>A certificate of special artistic aptitude will be issued by post. <sup>4</sup>The certificate is valid for the enrolment dates of the following two years. <sup>5</sup>If the examination is not passed, a decision will be issued with information on legal remedies. <sup>6</sup>Unsuccessful applicants can repeat the qualifying examination once.
- (8) <sup>1</sup>Examination and study achievements that have been completed at other universities with comparable degree programmes or in a similar manner can be recognized in full or in part upon application. <sup>2</sup>The application must be submitted to the University by June 30th of each year together with the necessary evidence. <sup>3</sup>The examination board decides on the recognition and issues a corresponding notification.
- (9) <sup>1</sup>The following categories of personal data of applicants are processed for the purpose of checking eligibility to participate in accordance with para. 4, for the organization and implementation of the qualifying examination in accordance with para. 3:
1. Identification data (surname, if applicable maiden name, first name, date of birth, place of birth (country), nationality),
  2. Contact details (address, e-mail address, telephone number),
  3. Information on study motivation,
  4. Information on the curriculum vitae with an aesthetic-artistic focus
  5. Answers to tasks,
  6. Assessment of the proficiency test,
  7. Result of the qualifying examination (passed / failed).
- (10) <sup>1</sup>The address given in the application will be used for the purpose of sending the result by post. <sup>2</sup>In order to check the criteria according to para. 5 sentence 2, the data according to sentence 1 no. 1 and 7 may be stored and compared with applications submitted later according to para. 4 sentence 1. <sup>3</sup>Data in accordance with sentence 1 no. 1 and 7 shall be archived by the responsible faculty after 2 years and deleted after 50 years. <sup>4</sup>The data according to sentence 1 no. 2 to 6 will be deleted one year after the result has been announced.

### **§ 5 Special admission requirements for the partial degree program "Sport"**

- (1) In addition to the university entrance qualification in accordance with Section 18 (1) NHG, applicants for the subject of sport must provide evidence of a subject-related, special ability to exercise as a further admission requirement.
- (2) <sup>1</sup>Further admission requirements are:
1. proof of first aid training, not older than two years, and
  2. proof of the German Lifeguard Badge of the DLRG, the DRK or the ASB - bronze, not older than two years.
- <sup>2</sup>Proof must be provided by the time of application. <sup>3</sup>However, they can be submitted by the end of the first semester at the latest. <sup>4</sup>If these certificates are not submitted to the Institute of Physical Education, Sport and Health (IBSG) by this time, the student will be de-registered.
- (3) <sup>1</sup>Proof of special aptitude is provided by taking a sports motor skills test (aptitude test). <sup>2</sup>The aptitude test is carried out by the Faculty of Education. <sup>3</sup>The Institute of Physical Education, Sport and Health (IBSG) forms a committee to carry out the assessment procedure, which consists of two full-time or full-time lecturers in the subject of sport. <sup>4</sup>The IBSG elects the committee members and their representatives for a period of 2 years. <sup>5</sup>The committee may appoint further members from among the teaching staff of the IBSG as examiners according to their professional suitability.
- (4) <sup>1</sup>You can apply for exemption from the aptitude test:
- a) Applicants who have successfully passed an examination with equivalent requirements at another university,
  - b) Applicants who have achieved the minimum score of 12 points shown in the HZB in the subject of sport or in sport as the first, second or third examination subject (increased requirement level) of the upper secondary school (as an average of the four course level semesters and the Abitur examination),
  - c) Transfer students who have passed the BA examination in sport,
  - d) Students in exchange programs recognized by the faculty.
- <sup>2</sup>The committee to be set up in accordance with paragraph 3 shall decide on the exemption.
- (5) <sup>1</sup>The aptitude test consists of a practical examination. <sup>2</sup>Through the assessment procedure, applicants should prove that they have the necessary movement skills to take up the planned course of study and are likely to be able to complete it successfully. <sup>3</sup>Applicants must present an official identification document before the aptitude test begins.
- (6) <sup>1</sup>Participation in the aptitude test and exemption from the aptitude test are only possible upon written application. <sup>2</sup>These must be received by the University by June 20 of each year (cut-off deadline). <sup>3</sup>These applications must be accompanied by:
1. a medical certificate (not older than 3 months) certifying that the applicant is fit for sport,
  2. applications for exemption from the examination pursuant to para. 4.
- <sup>3</sup>Confirmation of registration for the aptitude test and the date of the aptitude test will be sent by e-mail to the e-mail address provided in the application form.
- (7) <sup>1</sup>The aptitude test covers the areas specified in Annex 2 to these regulations:
- Play (A),
  - Running, jumping, throwing (B),
  - Gymnastics and movement arts (C).
- <sup>2</sup>The content, requirements and assessment of the partial examinations are regulated in the appendix. <sup>3</sup>The partial examinations are to be taken at staggered intervals on one day. <sup>4</sup>Each partial examination is taken



jointly by two examiners in accordance with paragraph 3. <sup>5</sup>The aptitude test is passed if the applicant has achieved the required performance in 10 out of 11 partial examinations. <sup>6</sup>Applicants will receive written notification of whether they have passed or failed the aptitude test or, in the case of a corresponding application, of the recognition or non-recognition of an exemption in accordance with para. 4.

- (8) <sup>1</sup>The aptitude test is carried out once a year. <sup>2</sup>The exact date is set by the committee well in advance. <sup>3</sup>The date will be announced on the Internet and on the notice board at the Institute for Exercise, Sport and Health (IBSG). <sup>4</sup>No fees or charges are levied for participation. <sup>5</sup>Unsuccessful applicants may repeat the qualifying examination once.
- (9) <sup>1</sup>The following categories of personal data of applicants are processed for the purpose of checking eligibility to participate in accordance with para. 4, for the organization and implementation of the qualifying examination in accordance with para. 3:
1. Identification data (surname, if applicable maiden name, first name, date of birth, place of birth),
  2. Contact details (address, e-mail address, telephone number),
  3. Medical information on fitness for sport,
  4. Assessment of the aptitude test,
  5. Result of the qualifying examination (passed / failed).

<sup>2</sup>The address given in the application will be used for the purpose of sending the results by post. <sup>3</sup>In order to check the criteria according to para. 8 sentence 5, the data according to sentence 1 no. 1 and 5 may be stored and compared with applications submitted later according to para. 6 sentence 1. <sup>4</sup>Data according to sentence 1 no. 1 and 5 will be archived by the responsible faculty after 2 years and deleted after 50 years. <sup>5</sup>The data according to sentence 1 nos. 2 to 4 shall be deleted one year after the result has been announced. <sup>6</sup>The responsible faculty shall take measures to protect the processed personal data in accordance with sentence 1 no. 3 in accordance with § 17 para. 2 NDSG and, if necessary, additional measures in accordance with § 17 para. 3 NDSG. <sup>7</sup>§ Section 7 para. 2 sentence 2 applies accordingly.

## **§ 6 Higher semesters and admission requirements**

- (1) The general and special admission requirements according to §§ 1 - 5 apply accordingly to applications for all semesters.
- (2) The fulfillment of the admission requirements according to §§ 2 - 5 does not constitute an entitlement to admission to the course.

## **§ Section 7 General provisions on the processing of personal data in accordance with these regulations**

- (1) <sup>1</sup>For the procedures according to §§ 3 - 5 of these regulations, in addition to the processing of the central student administration, personal data of applicants may also be collected with the help of other automated processing systems, including websites, under the responsibility of Leuphana University of Lüneburg and processed for the purposes stated in these regulations by the respective responsible faculties. <sup>2</sup>Results of the aptitude tests or aptitude tests as well as non-participation after invitation are transmitted to Student Services together with the identification data and can be assigned to an application for a study place submitted there. For the deletion of the data transmitted to Student Services, the general requirements for the retention of applications for a study place apply accordingly.
- (2) <sup>1</sup>Taking into account the state of the art, the costs of implementation and the nature, scope, context and purposes of processing as well as the risk of varying likelihood and severity for the rights and freedoms of

natural persons, the entities responsible for processing within the processing systems referred to in paragraph 1 shall implement appropriate technical and organizational measures to ensure a level of security appropriate to the risk. <sup>2</sup>The selected technical and organizational measures shall be documented in the electronic record of processing activities before the start of the processing activity.

- (3) Personal data that is no longer required for the purposes stated in these regulations shall be deleted by the internally responsible body after expiry of the relevant retention and limitation periods for the specific subject and, if no retention and limitation periods are relevant, at the earliest possible time as soon as the evaluation permits this.

**APPENDIX 1****Alternative proof of English language proficiency for the subject English (§ 2)**

<b>Proof</b>	<b>Result/financial statements at least</b>
Cambridge B2 First	Scale 175
Cambridge C1 Advanced	Scale 180
Cambridge C2 Proficiency	Scale 200
European Baccalaureate with English as language L1 or L2	reported final grade 8.0
IB Diploma with English as language A at Higher Level	reported final grade 6
IELTS (International English Language Testing System)	6.5 points
Pearson Test of English, Academic Test (PTE Academic)	63 points
TOEFL- iBT test Test administration at the test center or as a home edition, as well as 4-skills TOEFL iBT- Paper Edition from test date April 12, 2021	90 Points at least the following score Reading: 21 points Listening: 19 points Speaking: 22 points Writing: 20 points
TOEIC- *4 skills* test	– 850 points in Listening and Reading – 340 points in the area of Speaking and Writing
Modules of a university degree course taught exclusively in English and completed with an examination in English	completed studies
a certificate from an English-speaking school that entitles you to study in the respective country	

## **Appendix 2 to § 5 para. 7**

### **Aptitude test**

Contents, requirements and assessments of the aptitude test

The numbers in brackets ( ) indicate the attempts.

### **A Play**

Demonstration of ball play, passing and team play skills,

Demonstration of the ability to perceive, anticipate and coordinate.

#### **1) Volleyball game 4:4**

Task, hitting the ball from the baseline into the opponent's court, technique can be chosen individually - but according to the rules. Upper serve (pinch) lower serve (dig), simple attacking actions.

Evaluation criteria:

- Maintaining the game: The player should be able to keep the game going, i.e. continue to play balls passed to him according to the rules,
- Movement towards the ball: The player should be able to anticipate the trajectory of the ball to such an extent that he can get into a favorable playing position to play the ball,
- Upper pass: two-handed, with the fingertips, beginning: flexion in the knee, hip and elbow joint until extension at the end of the movement,
- Lower pass: two-armed, stretching the arms, beginning: bending in the knee, hip and elbow joint until stretching at the end of the movement,
- Simple attacking actions: in the spike, spike from the jump, attacking shot from a standing position or from the jump with a running start.

#### **2) Make 3 different balls bounce (3 each)**

The task is to make three different balls lying on the floor bounce.

#### **3) Ball bounce with rhythmic ball change to partner (2)**

This exercise is performed in pairs. You stand facing each other and each partner has a ball. Both bounce the ball in the same rhythm. Then there is a change: each partner takes over the other's ball and they should continue to bounce it in rhythm.

**B Running, jumping, throwing**

Demonstration of physical and coordinative performance (quantitative)

- 4) 100 m sprint (1)  
Men: 13.4 sec, women: 16.0 sec
- 5) Long jump (2)  
Men: 4.75 m, women: 3.75 m
- 6) Shot put (2)  
Men: 8.0 m (7.25 kg), Women: 6.75 m (4.0 kg)
- 7) 3000m run (1)  
Men: 13 min, Women: 15 min

**C Gymnastics and movement arts**

Demonstration of movement and presentation skills on equipment, balance and rhythm skills.

- 8) Jump squat over a horse (2)  
Men 1.20m height  
Women 1.10m height  
Any board spacing.  
Judging criteria: Two-legged take-off, simultaneous support and push-off of the hands; straight squat without the feet touching the horse; controlled landing on both feet.
- 9) Floor freestyle (2)  
Swing into handstand, roll, jump roll, stretch jump with half turn, roll backwards through the squat rack or handstand, handstand rollover sideways (wheel), step jump-shear jump, standing balance.  
Evaluation criteria: The elements must be combined dynamically. Handstand: stretched body and controlled rolling; jump roll: with a clear flight phase; wheel: stretched body, i.e. stretched hips and performed vertically.
- 10) Juggling with 3 balls (2)  
Be able to juggle three balls continuously for at least 5 seconds.
- 11) Rola-Bola (2)  
Climb onto a Rola Bola board and remain balanced for at least 5 seconds without interruption.

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