



3ex-program

exchange, explore, exercise

Are you studying abroad? This is your first semester at the university? You want to meet new people and get active in sports? Then join the 3ex-program of the student health management!

Hochschulsport



About the 3ex-program

According to the motto "exchange, explore, exercise" you have the opportunity to get to know different sports every week, to exchange ideas with other students and to become active together in the group. Whether alone or together with your buddy - **every monday** from **8:30- 9:30 or 10 pm** a new sports program of the University Sports Center awaits you.



What courses await you?

Strong Nation, Zumba, Sportsout, Table Tennis, Football, Ultimate Frisbee, Floorball and many more!



It's worth taking part!

If you participate regularly, you have the opportunity to secure a guaranteed spot in university sports for the upcoming summer semester. This way you can sit back and relax when you register.



How you can join:

This program is specifically for international students, participants of the degree-seeking buddy program of the *Integrated Support Project for International Students or Frehmens* in their first year at university. You can register alone or together with your buddy. **Registration ends on 24.10.2024. Click on this [Link](#) for registration or scan the QR-Code.**



Start of course: 28.10.2024

End of course: 16.12.2024

This offer is for international degree-seeking students and students in their first semester!

Please note: Participation in the first course date is mandatory. If the first date is not attended, the course place will be passed on to another student.

For more information, please visit: www.hsp.uni-tuebingen.de or follow us on Instagram @betabalance_unituebingen.



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Schedule 28.10.-16.12.2024

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exchange - explore - exercise

Important information:

All courses take place at the University Sporthall (Alberstraße 27, Hall 1). Please note that participation in the program is mandatory once you registered for the program.

Please be there 10 minutes before the course starts.

At all courses you should wear sport clothes that you a) feel comfortable in and b) that you can run in well.

HAVE FUN AND ENJOY!

28.10.2024 Circuit Training	04.11.2024 Floorball	11.11.2024 Strong Nation	18.11.2024 Football	25.11.2024 Sportsout	02.12.2024 Table Tennis	09.12.2024 Ultimate Frisbee	16.12.2024 Zumba
<p>About: After a short Welcome Session we get active at different station and train our complete body. With a mixture of cardio and strengthen exercise we kick off the 3ex-Program. We sum up the session with some relaxation exercises. Duration: 90 min.</p> <p>Trainer: Clara Marie Kessler</p> <p>Material to bring: Sports mat or towel</p>	<p>About: Floorball is an easy-to-learn field hockey sport with a high challenge character and low risk of injury. It is played with sticks made of fiber composite plastic that can be played on both sides and an ultra-light plastic ball. Duration: 90 min.</p> <p>Trainer: Charlotte Wenner</p> <p>Material to bring: Sticks will be provided</p>	<p>About: STRONG Nation™ is a revolutionary and highly-intense interval training on the basis of music. In each session, music and body movement merge into a single form of workout that pushes you beyond your limits. The special thing about this course is that all exercises are synced to the uplifting music. You no longer have to count your repetitions, just start training to the beat! Duration: 60 min.</p> <p>Trainer: Wiebke Grahneis</p> <p>Material to bring: Sports mat or towel</p>	<p>About: The session consists of exercises in which technique, tactics and physical fitness are trained – everything you need in playing football. Duration: 90 min.</p> <p>Trainer: Nora Krumwiede</p>	<p>About: Sportsout combines the fitness sport with the community idea. A Sportsout Workout is based on 100 different exercises on your own and partly with a partner. Starting with a warm-up, followed by the mainbodyweight workout and ending with a cool-down, each training session lasts an hour. Together, we strengthen our performance of heart and lungs, build muscles, burn fat and have a lot of fun. Duration: 60 min.</p> <p>Trainer: Simon Köhler</p> <p>Material to bring: Sports mat or towel</p>	<p>About: In this session you will get an insight in the basics of table tennis with which you can improve your table tennis skills! Duration: 90 min.</p> <p>Trainer: Anna-Lena Wawers</p>	<p>About: Ultimate Frisbee is a non-contact team sport in which two teams try to reach the opponent's end zone by passing a Frisbee. Ultimate Frisbee is a dynamic and energetic sport that challenges and improves agility, speed and coordination. There are no referees in Ultimate Frisbee, everything is settled by the players themselves, so togetherness (the so-called spirit) is essential.. Duration: 90 min.</p> <p>Trainer: Martin Fuß</p>	<p>About: Zumba® is a mixture of aerobics and Latin American dance elements. Zumba® does not rely on counting beats but follows the flow of the music. In contrast to classical aerobics, Zumba® does not have a continuous beat and the movements are not standardised. Instead, each song gets its own choreography according to its characteristics and dance style. Duration: 60 min.</p> <p>Trainer: Lorena Schirmer</p>