



3ex-program exchange, explore, exercise!

Are you studying abroad? You want to meet new people and get active in sports? Then join the free 3ex-program of the student health management!

Hochschulsport



About the 3ex-program

According to the motto "exchange, explore, exercise (3ex)" you have the opportunity to get to know different sports every week, meet new people and to become active together in the group. Whether alone or together with your buddy - every tuesday from 8:30- 9:30 pm or 10 pm a new sports program of the University Sports Center awaits you.



What courses await you?

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



It's worth taking part!

If you participate regularly (min. 6 courses), you have the opportunity to secure a guaranteed spot in university sports for the upcoming winter semester. This way you can sit back and relax when you register.



Start of program: 29.04.2025

End of program: 24.06.2025

End of registration: 27.04.2025



How you can join:

This program is specifically for international students and participants of the degree-seeking buddy program of the Subsection Support for International Students. You can register alone or together with your buddy. Registration ends on 27.04.2025. Click on this [Link](#) for registration or scan the QR-Code.



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.

More informationen
and registration



University of Tübingen
Student Health Management
Wilhelmstraße 124 72074 Tübingen
Phone: 07071-2976066
Mail: sgmbetabalance@ifs.uni-tuebingen.de

Schedule 29.04.-24.06.

All courses take place at the university sports hall (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!

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

29.04.: Kick-Off

After a short welcome session we get active at different stations and train our complete body.

With a mixture of cardio and strengthen exercises we kick off the 3ex-Program. We sum up the session with some relaxation exercises.

Duration: 90 min.

Material to bring: Sports mat or towel

Trainer: Clara Marie Kessler

03.06.: Table Tennis

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.

Trainer: Anna-Lena Wawers

06.05.:Floorball

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.

Trainer: Martin Fuß

17.06.: Core-Training

This course is all about the "strong core". The body's movements are initiated from here. The so-called core muscles form the body's center of strength.

Targeted exercises improve stability, coordination and mobility.

Duration: 60 min.;

Material to bring: Sports mat or towel

Trainer: Tabea Ruscheck

13.05.: Strong Nation

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.

Duration: 90 min.

Material to bring: Sports mat or towel

Trainer: Wiebke Grahneis

27.05.: Sportsout

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.

Duration: 60 min. (Start at 9pm!)

Material to bring: Sports mat or towel

Trainer: Simon Köhler

20.05.: Ultimate Frisbee

Ultimate Frisbee is a non contact team sport in which two teams try to reach the opponent's end zone by passing a Frisbee.

Duration: 90 min.

Trainer: Martin Fuß

24.06.: Fit Mix

Our FitMix course works your entire body. Strength and endurance exercises are combined and you'll work up a good sweat. Various forms of fitness are combined here.

Duration: 60 min.

Material to bring: Sport mat or towel

Trainer: Heidi Bullinger