

University Sports Center (HSP) as a field of teaching, learning and research



The University Sports Center (HSP) provides a scientific contribution through teaching programs at the Institute of Sport Science and in the area of the Transdisciplinary Course Program (TCP). Furthermore, the HSP is engaged in scientific research projects and operates as cooperation partner for other teaching, learning and research areas at the university.

The University Sports Center enriches the educational landscape with its range of courses. We consider exercise as an element of increasing personal well-being, maintaining health and general performance, and developing personality. To achieve this, the HSP offers practice-orientated courses and training programs that serve to impart knowledge and social skills on a broad basis and make a significant contribution to the qualification of students and volunteers.

In addition, students can earn ECTS credits through the HSP mentoring program.

 <https://uni-tuebingen.de/en/113640>



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EBERHARD KARLS
UNIVERSITÄT
TÜBINGEN



University Sports Center

University Sports Center

Health - Sports - Passion

University Sports Center

The University Sports Center (HSP) is one of the largest sport providers in this region with courses from over 40 different kinds of sports weekly instructed by approx. 300 qualified exercise instructors.

Not only that - **the HSP offers much more!**

It provides both practical and academic impetus and plays an important role in social interaction at the University of Tübingen. The modern self-image of the University Sports Center is reflected in the motto:

Health – Sports – Passion

The University Sports Center Tübingen offers:

- a social home for **university members**, which can be helpful especially at the start of studies or work (identification field)
- a **platform for integration** of the numerous international students and employees (integration field)
- an **important area for the interdisciplinary acquisition of competencies** in the complex system of higher education (teaching and learning field, voluntary commitment)
- A **healthy study** through offers within the framework of the Student Health Management (SGM) *BeTaBalance*

Sports Program

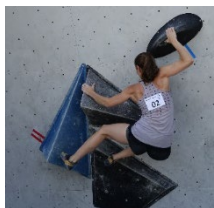
The HSP contributes to the enhancement of life quality through a comprehensive, diverse and demand-oriented sports offer.

Course offerings will be posted on the website approximately two weeks prior to the start of the semester. They are aimed at students and staff of the University and are subject to fees and registration. Online Registration for semester courses starts one week prior to the start of the semester.

In addition to instructed courses, workshops and excursions in face-to-face and digital form, the HSP also offers the opportunity to engage in self-organized sports. Facilities of the Institute of Sports Science are available, ranging from sport halls and a swimming pool to a track and field stadium with a circular track, various grass, beach and tennis courts, and a weight and fitness center with a climbing tower.



<https://uni-tuebingen.de/de/173937>



Promotion of Voluntary Work

The HSP is always looking for new exercise instructors. You have experience in sports and you are interested in offering a sports course at the HSP?

Then feel free to send us your application and proof of qualification.

Promotion of Competitive Sports

In addition to supporting competitive athletes in combining sports and studies, the HSP also organizes various German University Championships and other sports events and sends athletes to national and international competitions.



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Promotion of Students Health



The Student Health Management (SGM *BeTaBalance*) offers a wide range of activities to promote movement and health in everyday study life. This provides a balance to stressful and sedentary learning phases and exploits health potentials as a basis for successful studying.



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www.uni-tuebingen.de/de/173997



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