

SEMMELEWEIS UNIVERSITY Peto Andras Faculty
Conductive Education Ba programme in English

The musical aptitude exam

After warm up:

1	<p>jumping jacks with different arms work</p> <p>Starting position: basic stand</p> <p>Jump into straddle position with arms swing into side position</p> <p>Jump into straddle position with arms high position</p> <p>Jump into straddle position with arms front raises</p>
2	<p>Starting position:</p> <p>straddle stand left leg front right left back, jump 2 times and change.</p> <p>swing arm front or back, and swing arms sideward</p> <p>make a quarter turn to the left, and repeat count 1-3</p>
3	<p>Starting position:</p> <p>kneeling support</p> <p>lift up your left arm and right leg and hold it. Change!</p>
4	<p>Starting position:</p> <p>plank, hold it 30 seconds.</p>
5	<p>Starting position:</p> <p>after taking a few steps (run) in place (jogging)</p> <p>running in place</p> <p>lifting the knees high up 4 steps</p> <p>4 steps with a corner lift</p>
6	<p>Starting position:</p> <p>basic stand</p> <p>jump forward on two legs twice</p> <p>jump backward on two legs twice</p> <p>jump leftward on two legs twice</p> <p>jump rightward on two legs twice</p>
7	<p>Starting position:</p> <p>jump up from left foot to right foot and continuing 10 times</p>
8	<p>Indian skipping with alternate leg and arm swings 5 times</p> <p>Indian skipping with double arm swings 5 times</p>
9	<p>Starting position:</p> <p>after taking a few steps (run) in place (jogging)</p> <p>running in place</p> <p>lifting the knees high up 4 steps</p> <p>4 steps with a corner lift</p>
10	<p>Matthias-test:</p> <p>Starting position, basic stand, straight back, shoulders down, scapula down, head straight, forward looking. Lift up your hands straight forward, and hold it 30 sec.</p>