




**HOCHSCHUL  
SPORT  
FRANKFURT**



# WHAT DOES THE HOCHSCHULSPORT DO?

(CENTRE FOR COLLEGIATE SPORTS)



COURSES &  
WORKSHOPS

HEALTH

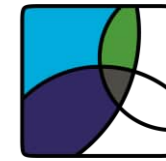
TEAMEVENT  
S  
FIELD  
TRIPS

EVENTS &  
COMPETITIONS



# HEALTH—

## Project „healthYgoethe“



**healthYgoethe**  
Gesundheit im Hochschulsport

- What does „healthy studying“ mean?  
How could concepts for that look like nowadays, and how can we develop them?
- Range of programs
  - events (jam sessions, singing together, ...)
  - Sensibilisierungsreihe (e.g. lectures; programs made for raising awareness and coming together to deal with certain topics)
  - a podcast „Sport, der Wissen schafft“
  - preventive motion-activities
  - and much more...

# ANTIDISCRIMINATION—

## Prevention of sexualized violence

- We provide classes, that raise awareness for the many faces of sexualized violence in sports. In that way, we would like to encourage not only education on this topic, but also dealing with it openly, so that experiences of any kind of discrimination can be both expressed and criticized.
- **What's important to us:**
  - Handling the subject of heterogeneity openly, in the sense of a valued togetherness, so equality of opportunity can be provided and discrimination can be avoided



# BOOKING & COURSES

- **Current: Holiday program until april, 21**
- **In person and online courses each semester**
- **Next booking start for students/employees:  
april, 7 at 12 o'clock**
- **Start of the new courses: april, 22**
- **Infos and sign up:**

**[www.uni-frankfurt.de/hochschulsport](http://www.uni-frankfurt.de/hochschulsport)**



START

ÜBER UNS

KURSANGEBOT

GESUNDHEIT

WETTKAMPF & EVENTS

EXKURSIONEN

AWARENESS

KONTAKT

FAQ

GU Home ▶ Hochschulsport Frankfurt - Sport und Gesundheit an der Goethe-Uni

## Hochschulsport Frankfurt - Sport und Gesundheit an der Goethe-Uni

Kicken mit Blick auf die Skyline  
**NEUER SPORTPLATZ AM RIEDBERG**



## KURSANGEBOT

- + Sportangebot A - Z
- + Allgemeines
- + Kurssuche
- + Teilnahme & Kursanmeldung
- + Antidiskriminierung & Heterogenität
- + Sportstätten
- + Bewegungsinseln in FFM
- + FAQ



Wintersemester 2024/25 (17.02.2025-20.04.2025)

### Sportangebot

A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z

O

- 00\_Sportscard\_Ferienprogramm WiSe 24/25
- Onlinekurs Core Workout mit Eileen
- Onlinekurs Entspannung und PMR mit Stephanie
- Onlinekurs Pilates mit Eileen
- Onlinekurs Pilatesfitness mit Stephanie

1057 Montag - für Beginner findet outdoor unter dem Vordach des Kraftraums/ Fliegerwerkstatt statt

1052 Freitags: Deutschkenntnisse erforderlich)

### Fortgeschrittene

Der Fortgeschritten Kurs vertieft die grundlegenden Boxfähigkeiten und beinhaltet im wesentlichen gezielte Technik- und Sparringsübungen. Dieser Kurs richtet sich an alle, die bereits Grundkenntnisse im Boxen besitzen und diese Ausweiten wollen.

**Für die Teilnahme werden Boxhandschuhe (mindestens 14 Oz) und ein Mundschutz vorausgesetzt.**

### English Version

**Boxing** requires and promotes discipline, endurance, and strength. Boxing training is excellent for achieving peak fitness, staying fit, and pushing one's own limits.

The course is aimed at beginners and advanced participants alike. Fitness, endurance, strength, and technique elements are combined in the training, incorporating elements from various sports.

The following phases are part of the training: Warm-up, technique, practice, strength and endurance, and cool down. Head blows can be excluded in the practice phases. In the different phases, athletes can either push their physical limits or simply participate at their own discretion. The course emphasizes considerate training to avoid any kind of injury.

**In addition to the usual sports attire, it is recommended to bring your own boxing gloves, wraps, a jump rope, and for safety, a mouthguard. A contingent of loaner gloves is available for beginners.**

(Fridays: German language skills required)

### Advanced

The advanced course deepens fundamental boxing skills and primarily includes targeted technique and sparring exercises. This course is intended for those who already possess basic boxing knowledge and wish to expand upon it.

**Participants are required to have boxing gloves (minimum 14 oz) and a mouthguard for participation.**

Kursnr	Details	Tag	Zeit	Ort	Zeitraum	Leitung	Preis	Buchung
8067	(1) Montag - für Beginner - Ferienprogramm	Mo	17:00-18:00	Halle 1/b	17.02.- 14.04.	Thimo Rohloff, Lavinia Reidt	10,50/ 16/ 40 €	buchen
8068	(2) Dienstag - Ferienprogramm	Di	18:00-19:30	Halle 1/b	18.02.- 15.04.	Roberto Pfeifer	16/ 24/ 60 €	buchen
8071	(3) Freitag - Ferienprogramm	Fr	17:30-19:30	Halle 1/b	21.02.- 11.04.	Erich Wachter, Benedikt Kohlstetter	21/ 32/ 80 €	buchen

**Prices are as follows:  
students / employees / guests**

Kursnr	Details	Tag	Zeit	Ort	Zeitraum	Leitung	Preis	Buchung
8064	(1) Montag - für Beginner - Ferienprogramm	Mo	17:00-18:00	Halle 1/b	17.02.- 14.04.	Thimo Rohloff, Lavinia Reidt	10,50/ 16/ 40 €	<input type="button" value="Buchung"/>

**Booking is possible via  
website**



Wintersemester 2024/25

8064:



## Boxtraining (1) Montag - für Beginner - Ferienprogramm

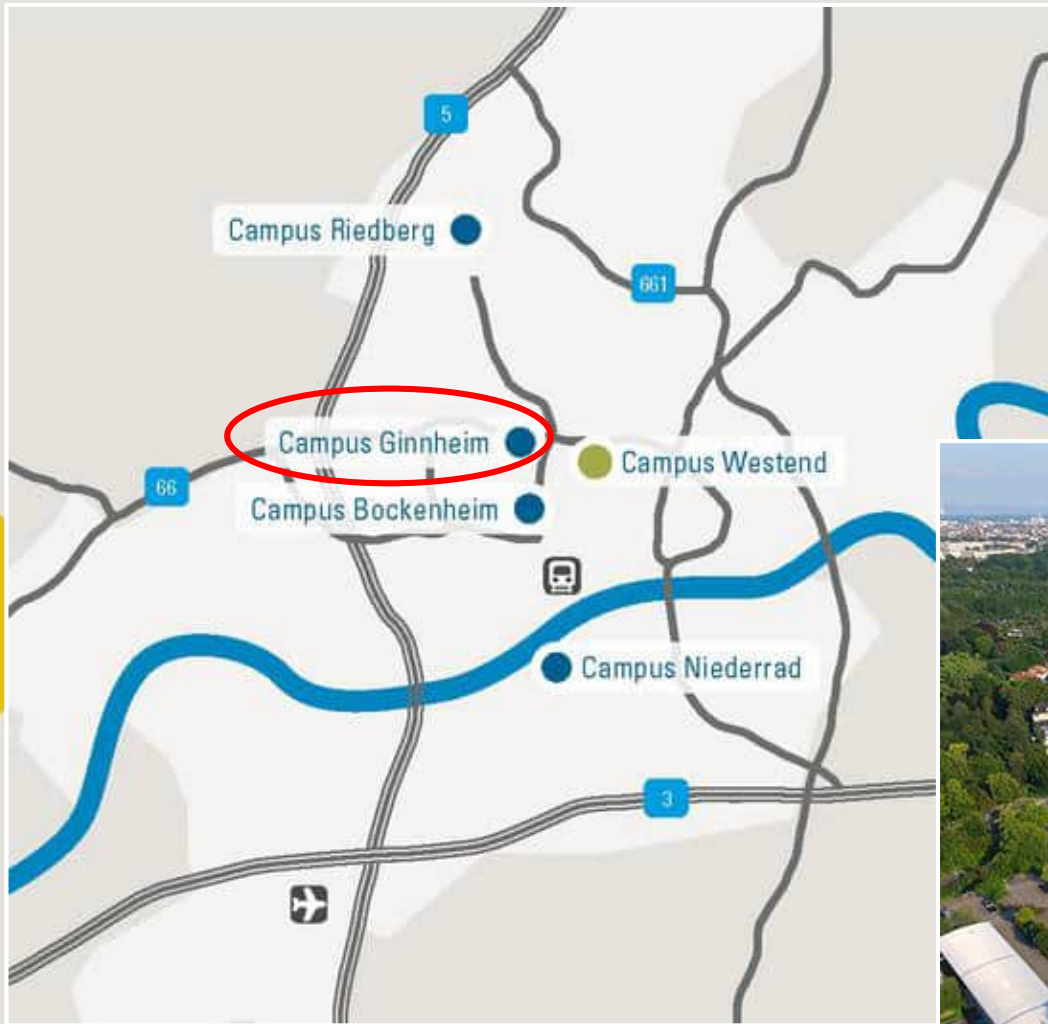
Zeitraum:

17.02.2025-17.04.2025

geplante Termine:

Mo	17.02.2025	17:00-18.00	Halle 1/b
Mo	24.02.2025	17:00-18.00	Halle 1/b
Mo	03.03.2025	17:00-18.00	Halle 1/b
Mo	10.03.2025	17:00-18.00	Halle 1/b
Mo	<b>17.03.2025</b>	17:00-18.00	Halle 1/b
Mo	<b>24.03.2025</b>	17:00-18.00	Halle 1/b
Mo	<b>31.03.2025</b>	17:00-18.00	Halle 1/b
Mo	<b>07.04.2025</b>	17:00-18.00	Halle 1/b
Mo	<b>14.04.2025</b>	17:00-18.00	Halle 1/b

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- **The according costs will be automatically invoiced, once per course and semester, via direct debit procedure.**
  - **Therefore the main requirement for booking is an EU bank account. If such an account should not be available, we recommend booking via friends or contacting us directly.**



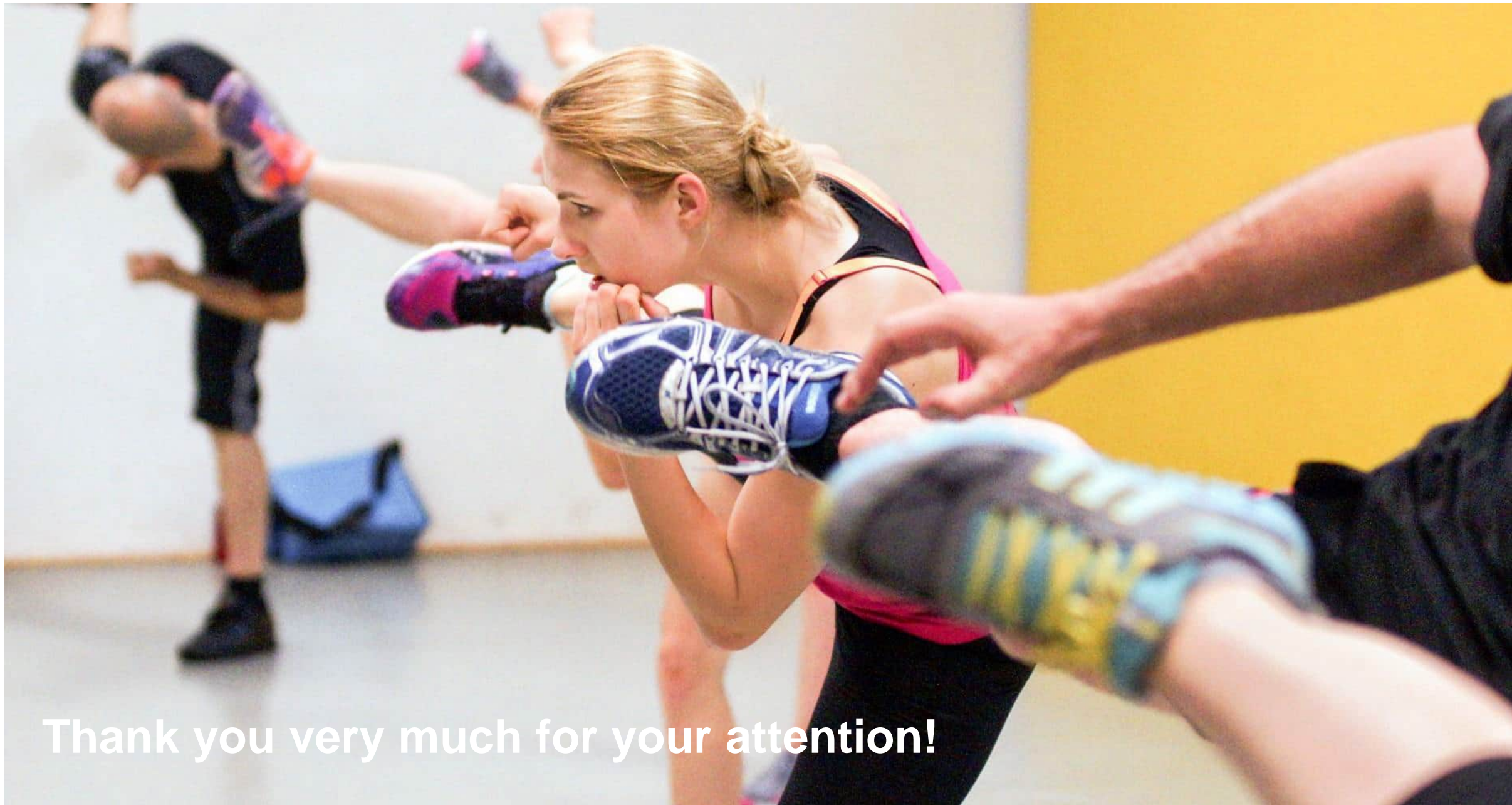


**QUESTIONS?**

# Contact

- Email: [info@hochschulsport.uni-frankfurt.de](mailto:info@hochschulsport.uni-frankfurt.de)
- Phone: 069 -798 24516
- Website: [www.uni-frankfurt.de/hochschulsport](http://www.uni-frankfurt.de/hochschulsport)
- Instagram: @hochschulsport\_frankfurt
- Facebook: @Hochschulsport Frankfurt
- YouTube: Hochschulsport Frankfurt
- Spotify: Podcast „Sport, der Wissen schafft“





**Thank you very much for your attention!**