



FH Salzburg

Sports Program

Summer semester
2024



Technology
Health
Media



FH Salzburg

Teamathlon

June 7, 2024, 14:30, Waldbad Anif

Teams of 3, free of charge

»Bring your friends«

1

600 Metres
Stand-Up-Paddling



**NEW
Fun
Discipline**



3

5 Kilometres
Running



**Attractive
prizes to
win!**

2

11 Kilometres
Cycling





**Dear students,
dear employees,
dear graduates,**

a special highlight is coming up again in the summer semester - the Teamathlon on June 7, 2024. This entertaining and sporty event, which was launched last year and attracted many participants from running to cycling to stand-up paddling, will be expanded this year to include a discipline so that even those who are not quite so sporty will find it fun and enjoyable to take part.

Mutual motivation, enjoying each other, celebrating and achieving a goal together - that remains the basic idea. Let us surprise you and most important: make a note of the date now! Details will follow in good time.

In addition to the Teamathlon, you will find an extensive range of courses with a wide variety of sporting activities in the current sports program - at unbeatable student-friendly rates. Just browse through and register!

Some courses take place directly on the Campus Urstein and can therefore be conveniently attended by many before or after classes or work. These include Yoga, Pilates, Krav Maga, Rope Skipping and the trendy outdoor workout „frischluft fitness“, an effective full-body workout in the fresh air.

You can find these and many other courses in the new sports program. I look forward to your registrations and wish everyone a sporty summer semester!

Stay fit and healthy,
kind regards

A handwritten signature in blue ink, reading 'Florian Furtner'.

Florian Furtner, FHS Sports
Corporate Communications & Marketing

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Soccer

Outdoor soccer playing at the University Sports Centre in Rif.

Monday 20:15–21:45, ULSZ Rif

Course start: March 4, 2024, 14 × 90 min.

Location: University & State Sports Center Rif

Participants: max. 25 persons

Equipment: sport clothing, soccer shoes (artificial grass)

Course fee: € 40,--



Tennis

Tennis course for different skill levels. Each group consists of four people, you can choose of one beginner class, two moderate advanced class and one for the advanced tennis players.

Thursday

17:00–18:00, Beginners

18:00–19:00, Moderate Advanced

19:00–20:00, Moderate Advanced

20:00–21:00, Advanced

Course start: March 7, 2024, 14 × 60 min.

Locations: ASKÖ Sportanlage Gnigl, Parscherstraße 4, 5023 Salzburg (07.03. - 25.04.); 1. Halleiner Tennisclub, Pingitzzerkai 16, 5400 Hallein (02.05. - 27.06.)

Participants: 4 persons per group

Equipment: sport clothing, tennis shoes, tennis racket

Course fee: € 220,--

Volleyball

Volleyball course for players of a moderately advanced level and above - the basic techniques of spiking, digging and service from below or above are already mastered.

Monday 20:30–22:00, ULSZ Rif

Course start: March 4, 2024, 14 × 90 min.

Location: University & State Sports Center Rif

Participants: max. 20 persons

Equipment: sport clothing, indoor sport shoes

Course fee: € 40,--



Golf course permit

The course permit (PE) is aimed at beginners who want to get into golf. You will learn the golf technique and the basics of playing the course.

Golf course Rif

Daily course: Mon-Thu 10:00–11:30

Evening course: Mon-Thu 10:00–11:30

Weekend course: Fri 16:00–18:00, Sat 10:00–11:30 and 13:00–14:30,

Sun 09:30–12:00

Course duration: 12 units of 30 minutes each

Course start: from April regular entry possibilities

Special price for FHS students: Daily course € 129,-- (instead of € 169,--),

Evening or Weekend Course € 159,-- (instead of € 199,--)

Golf tournament licence course

ÖGV tournament licence course HC -54 with included, final handicap challenge at Golfanlage Schloss Fuschl. Objective: Reaching ÖGV tournament licence and handicap -54, as well as further improvement of the technical basics in short and long game.

Golf course Rif

Course times: Fri 16:00–18:00, Sat 10:00–11:30 and 13:00–14:30,
Sun 09:30–12:00 and 14:00–17:00

Course start: from April regular entry possibilities

Special price for FHS students: € 209,-- (statt € 249,--)

Golf training course

Training course for advanced players. Objectives: improvement of the technical basics in short and long game.

Golf course Rif

Evening course: Mon–Thu 18:00–19:30

Weekend course: Fri 16:00–18:00, Sat 10:00–11:30 and 13:00–14:30,
Sun 09:30–12:00

Course start: from April regular entry possibilities

Special price for FHS students: Daily course € 129,-- (instead of € 169,--),

Weekend course € 159,-- (instead of € 199,--)



Note:

Please send registrations for the golf courses to:

sport@fh-salzburg.ac.at

Book your desired course date directly at the secretary's office of the Golf Club Salzburg-Rif Tel 06245/76681.

Payment of the course fee is also made at the golf club secretary's office.

Fencing

Modern sport fencing equally encourages concentration, coordination and fitness. The basic course in sport fencing teaches the technical and tactical fundamentals of this elegant and attractive sport.

Monday 20:00–21:30, Hallein

Course start: October 9, 2023, 6 × 90 min.

Location: Elementary School Hallein Burgfried, 5400 Hallein

Instructor: Sebastian Lechner

Participants: max. 10 persons

Equipment: Fencing equipment is provided

Course fee: € 20,--



Krav Maga

Krav Maga is a self-defense system from Israel. It should enable you to decide a self-defense situation with one or more attackers as quickly as possible in your favor. Prevention and de-escalation are also important aspects. The goal is to develop instinctive reactions and to defend yourself effectively in dangerous situations. An introduction to ground fighting rounds off the eight-hour workshop.

Campus Urstein

Dates: Friday, March 22, 16:00–20:00; Saturday, March 23, 10:00–14:00, 2 × 4 hours

Instructor: Markus Feil

Equipment: sports clothing

Course fee: € 30,--



Krav Maga for Women

Krav Maga, the well-known self-defense system from Israel, is particularly suitable for women: it is not based on brute physical strength, but relies on explosiveness and technique. This workshop, designed for women, in addition to the general basics, specifically addresses situations that women are most likely to face - and how to effectively defend against these attacks.

Campus Urstein

Date: Saturday, May 4, 2024; 09:00–12:00 and 13:00–16:00

Instructor: Markus Feil

Equipment: sports clothing

Course fee: € 20,--

Die 1976 gegründete HOGAST-Gruppe ist eine österreichische Einkaufsgenossenschaft und Marktführer in der gehobenen Hotellerie/Gastronomie. Hinter diesem Erfolg steckt ein starkes Team, dem Flexibilität, Ambition und Teamgeist besonders wichtig sind. **Wer Spaß an einer abwechslungsreichen Aufgabe mit hoher Eigenverantwortung hat, ist bei uns genau richtig!**

WIR LIEBEN SPORTLICHE HERAUSFORDERUNGEN:
**INITIATIVBEWERBUNGEN SIND
HERZLICH WILLKOMMEN**



Wenn Sie an einem Einstieg in unserem Team interessiert sind, freuen wir uns auf Ihre Online-Bewerbung via www.hogast.at/jobs. Bei Fragen steht Ihnen Frau Nicole Federerer telefonisch unter **+43 6246 / 8963 103** jederzeit gerne zur Verfügung.

**Frischluff
outdoor
fitness
workout**

Workout in the fresh air. We think High Intensity Training „out of the box“ – in our exclusive and fresh gym of nature! We train for 60 minutes in the fresh air – in a holistic training, for more strength, more hardness and more endurance.

Wednesday 17:30– 18:30, Campus Urstein

Course start: March 6, 2024, 12 × 60 min.

Location: Campus Urstein, outdoor area

Instructor: frischluft outdoor fitness world

Participants: max. 16 persons

Equipment: sport clothing

Course fee: € 40,--



Yoga

In short Yoga makes you feel better and improves your life on all levels. Practicing the yogic poses, the breathing techniques makes your body, mind and spirit healthier. Studies show that Yoga is great for stress reduction, boosts self esteem, reduces anxiety, improves concentration, increases strength and muscle tone, helps weight loss, improves circulation and induces many other positive aspects. The Yoga course will focus on learning yoga poses and some breathing techniques.

Monday, Campus Urstein

Course 1: 18:00-19:00

Course 2: 19:00-20:00

Course 3: 20:00-21:00

Course start: March 4, 2024, 14 × 60 min.

Instructor: Krishan Singh Sheoran

Participants: max. 20 persons

Equipment: sport clothing, yoga mat, towel

Course fee: € 40,--



Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Tuesday, Campus Urstein

17:00-18:00, Beginners

18:00-19:00, Masterclass

Course start: March 4, 2024, 14 × 60 min.

Instructor: Tamara König

Participants: max. 20 persons

Equipment: sport clothing, exercise mat

Course fee: € 40,--

Rope Skipping

Rope Skipping is a very young and modern sport in Austria. It is very healthy for the body and promotes coordination. All important muscle groups are trained and the stabilization of the joints is promoted. The sport is very diverse, from single elements and whole choreographies to team jumping. The course offers a first introduction to the sport with all its facets. From complete beginners to ambitious rope jumpers, there is something for everyone.



Wednesday 18:00–19:00 Uhr, Campus Urstein

Course start: March 6, 2024, 12 × 60 min.

Participants: max. 16 persons

Equipment: sport clothing, jumping rope (can be bought at the course for € 8,--)

Course fee: € 40,--

Power workout - Butt & Belly

After a five-minute warm-up programme, special and varied exercises are performed for the belly, legs and bottom to strengthen these muscle groups and counteract problem areas. This is followed by intensive fitness training to music with the aim of improving fitness. After simple step combinations to strengthen the cardiovascular system and improve coordination, strengthening exercises ensure a good whole body workout. This is followed by a short stretching programme to round off the session. Please take a towel with you.

Tuesday 18:30–20:00, ULSZ Rif

Course start: February 27, 2024, 16 × 90 min.

Location: University & State Sports Center Rif

Registration: until 15.02. at the latest, after that remaining places

Equipment: sport clothing, towel

Special FH price: € 138,-- (instead of € 163,--)



Capoeira

Capoeira is often called a fight dance, but it is neither danced nor fought – it is played. The aim is not to hurt the opponent, but rather to develop a common game with the opponent and to express oneself physically. There are no limits to creativity.

Monday 20:00–22:00

Course start: March 4, 2024, 10 × 120 min.

Location: BRG Nonntal, Josef-Preiss Allee 2, 5020 Salzburg

Instructor: Givaldo Santos de Souza

Course fee: € 30,--



Reggaeton

Reggaeton is fire, passion, fun, movement and power. Reggaeton takes you in and you don't want to stop dancing, moving. Reggaeton makes you forget everyday life and everything around you, the music carries you and it feels every time anew like a trip to Latin America or to the biggest stages of this world.

Monday 20:15–21:45

Course start: March 4, 2024, 12 × 90 min.

Location: Sportzentrum Mitte Salzburg

Participants: max. 10 persons

Equipment: sport clothing

Course fee: € 70,--

DEINGYM Fitness

DEINGYM in Oberalm offers you everything you need for your training:

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MANY TRAINING ADVICES

CROSSFIT ZONE

GREAT ATMOSPHERE

Special price for FH students: € 34,90 per month (without binding, you can cancel your membership every month)

Free weight training

If you enroll for this course, you can use the fitness and weight room of the University & State Sports Center Rif to the given times every week throughout the whole winter semester including February.

Tuesday 18:00–19:30

Thursday 18:00–19:00

Course start: March 5, 2024

Location: Fitness room 1, University & State Sports Center Rif

Course duration: October till February

Equipment: sport clothing, towel

Course fee: € 30,--

Kids gym- nastics

For two to four year old children. The movement skills are trained playfully and the children discover fun and joy in movement together with their parents.

Tuesday 16:00–17:30, ULSZ Rif

Course start: March 5, 2024, 12 × 90 min.

Location: University & State Sports Center Rif

Course fee: € 50,--

Technique course running

An economical technique is also required for running. In this course we work individually on the technique of each participant. Coordinative exercises and interval units complement the technique training.

Tuesday 18:00–19:00, ULSZ Rif

Course start: February 28, 2024, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until 15.02. at the latest, after that remaining places

Equipment: sport clothing, running shoes

Special price for FH students: € 88,--
(instead of € 113,--)



Functional training

Functional conditioning and stabilisation training. In this course, after a short warm-up, all muscle groups that serve for stabilisation during movements in everyday life and during sporting activities are strengthened. The training is concluded with stretching exercises to prevent shortening of the muscles. This course can be optimally combined with the technique course running.

Tuesday 19:15–20:15, ULSZ Rif

Course start: February 28, 2024, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until 15.02. at the latest, after that remaining places

Equipment: sport clothing, running shoes

Special price for FH students: € 88,-- (instead of € 113,--)

Bouldern beginners

Bouldering is a form of rock climbing that is performed on small rock formations or artificial rock walls without the use of ropes or harnesses. Artificial climbing problems, from easy to difficult, can be tried again and again at short, individual points safely and just above the fall mats. Bouldering trains the finger, arm, shoulder and leg muscles in particular, increases body tension and trains coordination.

Tuesday 17:30–19:00, Boulderbar Salzburg

Course start: March 5, 2024, 6 × 90 min.

Dates: March 5, 12, 19, April 2, 9, 16

Location: Boulderbar Salzburg, Richard Kürth Straße 9, 5020 Salzburg

Participants: max. 12 persons

Equipment: sport clothing, climbing shoes (can be lent at the Boulderbar)

Course fee: € 50,--



**Bouldern
advanced**

Tuesday 19:30–21:00, Boulderbar Salzburg

Course start: March 5, 2024, 6 × 90 min.

Dates: March 5, 12, 19, April 2, 9, 16

Location: Boulderbar Salzburg, Richard Kürth Straße 9, 5020 Salzburg

Participants: max. 12 persons

Equipment: sport clothing, climbing shoes (can be lent at the Boulderbar)

Course fee: € 50,--





FH Salzburg



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webshop.fh-salzburg.ac.at

»Your FH,
your style«



Swimming

Free swimming under guidance of a swimming trainer. Improvement of the individual swimming technique in the back, chest and crawl positions (dolphin if desired). No non-swimmers.

Sunday

a) 18:00–19:00

b) 19:00–20:00

Course start: February 25, 2024, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until 15.02. at the latest, after that remaining places

Equipment: swimwear, goggles

Special FH price: € 68,-- (instead of € 93,--)



Water aerobics

Joint sparing and effective movement training with music in shallow or deep water. You yourself determine the intensity of this cardiovascular training, which trains coordination and strengthens the entire musculature. No non-swimmers.

Sunday

a) 18:00–19:00

b) 19:00–20:00

Course start: February 25, 2024, 16 × 60 min.

Location: University & State Sports Center Rif

Registration: until 15.02. at the latest, after that remaining places

Equipment: swimwear

Special FH price: € 68,-- (instead of € 93,--)

Rowing

Rowing course for beginners and advanced rowers in fours on the Salzach. Fitness and whole-body training that is easy on the joints and fun. There are 4 dates to choose from, 4 people can row per date.

Monday, Boat house Rif, Salzach

Course start: April 8, 2024, 10 × 60 min.

Group 1: Monday 17:00–18:00

Group 2: Monday 18:00–19:00

Equipment: sport clothing, tight pants and jacket

Course fee: € 50,--

Teamathlon Reaching the finish line together! This entertaining and sporty event, which was launched last year and attracted many participants, from running and cycling to stand-up paddling, is being expanded this year to include a new discipline so that even those who aren't quite so sporty will find it fun and enjoyable to take part.

Mutual motivation, enjoying each other, celebrating and achieving a goal together - that remains the basic idea. Let us surprise you and above all: make a note of the date now! Details will follow in good time.

Date: Friday June 7, 2024

Time: from 14:30

Location: Waldbad Anif

Relay competition: stand-up paddle, cycling, running; additional fun discipline



Salzburg Women's Run

The shared enjoyment of sporting activity is the absolute focus of the Salzburg Women's Run. The 5.5 kilometer course along the banks of the Salzach guarantee an outstanding active experience for runners and walkers.

Date: May 10, 2024

Location: Volksgarten Salzburg

Salzburg Marathon

The FH Salzburg supports all runners who start in a team at the 10k City Run or the relay marathon.

Date: May 12, 2024

Location: City of Salzburg

FH/USI Beats & Sports

A day full of sports, party, fun, action and emotions. Tournaments in small field soccer, beach volleyball, basketball (3×3) and RoundNet will be held at the nearby Rif Sports Center.

Date: May 18, 2024

Location: University & State Sports Center Rif



Salzburg Company Triathlon

Swim, cycle, run - this is the motto of the Salzburg Company Triathlon. This competition is held as a company relay triathlon over the super sprint distance (200 m swimming, 9 km cycling, 3.6 km running) at the Salzachseen in the Liefering district. These moderate distances are feasible for everyone and therefore ideally suited to experience the fascination of the triathlon sport at first hand.

Date: May 24, 2024

Location: Salzachseen - Liefering

Registration Registration for courses, events and competitions is to be completed via e-mail to sport@fh-salzburg.ac.at. Registration for a course is only considered binding after payment of fees has been carried out. Reimbursement of course fees is not possible. Courses which do not have enough registrations will be cancelled, reimbursement of course fees will take place within 2 weeks time.

Payment Payment of any participation fees is to be completed to the FH Salzburg account before courses begin. Please include title of course and name of participant.

Bank account information:
Fachhochschule Salzburg GmbH
„FHS Sports“, 5412 Puch
Raiffeisenverband Salzburg
IBAN: AT49 3500 0000 0006 9658

Registration deadline As the number of participants is limited for most courses, it is recommended to register as early as possible. Nevertheless, if there are free places, registration is possible throughout the whole semester at any time.

Important All informations, changes and news regarding the sports program are getting announced at the intranet „myfhs“ (Infrastruktur & Support → Sport).

Data protection information **Responsible for data processing:**
Fachhochschule Salzburg GmbH
Urstein Süd 1, 5412 Puch/Salzburg
Telefon: +43-50-2211-0
E-Mail: office@fh-salzburg.ac.at

Data processing

With your registration for the sports program, we process your personal data for the purpose of participation in the sports program (registration, billing, administration). For this purpose, we process the data that you provide to us during registration (e.g. name, contact details, FHS affiliation), transfer data for the course fee, and course dates.

The data processing is based on the (pre-) contractual relationship with the FH Salzburg (Art. 6 para. 1 lit b DSGVO).

We share your personal data (name, contact details) with our course instructors or the organizing institution to enable verification of your eligibility.

In the event of an emergency, we are required by law to pass on your contact details to the relevant health authority (Section 5 (3) of the Epidemics Act).

We store your personal data only as long as they are required for participation in the sports program. In addition, we are required by law to store accounting-related data for a period of 7 years (§ 212 UGB).

Data protection rights

Participation in all courses, events and competitions at the FH Salzburg and the ULSZ is to be done at one's own risk. The organizers accept no liability for injuries.

In connection with this data processing, you have the right of access, rectification, erasure, restriction of processing, objection and data portability in relation to your personal data, which you can exercise at the following contact.

Fachhochschule Salzburg GmbH

Mag. Florian Furtner

FHS Sports, Corporate Communications & Marketing

Schloss Urstein, Room E01

Tel.: +43-50-2211-1025

E-Mail: sport@fh-salzburg.ac.at

If you have any questions or concerns regarding the processing of your personal data, please do not hesitate to contact the data protection coordinator or the data protection officer of the FH Salzburg (+43 50 2211-0; datenschutz@fh-salzburg.ac.at).

If you believe that the processing of your personal data is not in compliance with the legal provisions, you also have the right to lodge a complaint with the Austrian Data Protection Authority (Barichgasse 40–42, 1030 Vienna, phone: +43 1 52 152-0, e-mail: dsb@dsb.gv.at), to lodge a complaint against the data processing.

ULSZ Rif

In addition to the courses and events included in this bulletin, some of the outdoor facilities at the University Sports Centre in Rif are available free of charge to FH students upon signing up in the registration book which is located at the porter's desk in the lobby area at the entrance to the ULSZ. By outdoor facilities we mean for example: beach volleyball courts, basketball courts, inline hockey facilities, fitness parcourse, etc.

Accessibility

The sports program is open to all students, employees, alumni and cooperation partners of the FH Salzburg.

Disclaimer

Participation in courses and events as well as the use of the facilities and equipment of the Salzburg University of Applied Sciences and its cooperation partners is always at your own risk. Participants in courses and events and users of the facilities agree that the Salzburg University of Applied Sciences is not liable for accidents. This is confirmed and acknowledged by registering for a course or event of the sports program of the UAS Salzburg. We therefore expressly recommend that you take out private accident or liability insurance - this is included, for example, in membership of alpine clubs and organizations (Alpine Club, Friends of Nature, ÖSV, Mountain Rescue Service...). Equipment and facilities may only be used within the framework of a course and in the presence of a supervisor. The instructions of the trainers must always be followed in order to avoid injuries. The staff of the FH Salzburg and the trainers cannot check whether a customer is medically fit for the training - it is therefore recommended to undergo a medical examination before starting the training. The conclusion of a private accident insurance is strongly recommended, especially for participants of outdoor courses.

Photo credits

The photos are taken from the database of „istockphoto.com“, „123rf.com“ and „stock.adobe.com“.

Contact

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