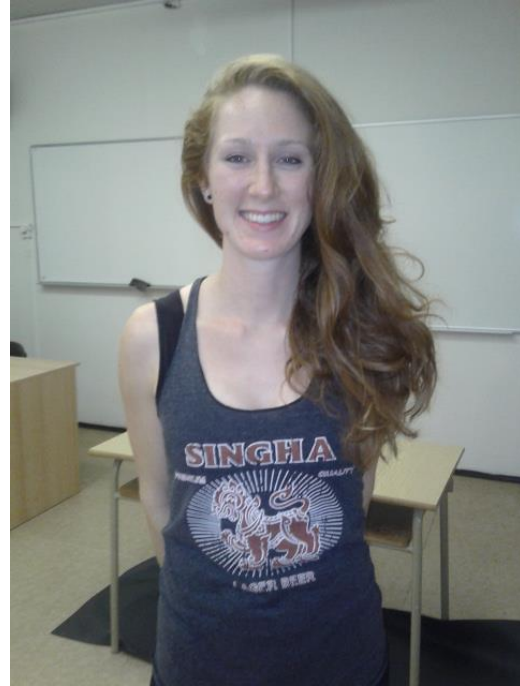


7th International Teaching Week
November 2nd–6th, 2015
Faculty of Physical Culture, Palacký University Olomouc

TABLE CLIMBING

My name is Ilse Hemmelmayr and I am from Austria. I obtained my Bachelor's degree in sports science at the University of Vienna. Currently I study in the Erasmus Mundus Master in Adapted Physical Activity at the KU Leuven, Belgium.



I love rock-climbing. During the ITW I would like to introduce you to an unfamiliar and yet highly addictive, fun and challenging sport called **table climbing**. Table climbing is an unusual way of training climbing movements. The main aim of this sport is – surprise – 😊 to climb over and under a table without touching the floor.



Table climbing is not only an excellent physical activity as it combines physical skills like strength, endurance, coordination, balance and flexibility, but it also challenges one's intellectual skills, such as the ability to look for (and find) solutions or the process of decision making.

Curious? Then come on and try it out!

For those who are interested in my sessions, I would recommend to dress in comfortable, long (and maybe elastic) pants.