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AAU Tested Students' Fitness

The Deanship of Student Affairs at Al Ain University of Science and Technology started its first sports activities for the second semester of the academic year 2017-2018 by organizing a series of sports competitions under the title "Test your fitness" where students from different colleges participated in an atmosphere of enthusiasm.

Sports competitions varied between Push-ups, Sit-ups, Pull-ups, Battle Rope and Rowing Machine, where the first place was for the student Mustafa Hamdi from the College of Engineering, while the second place was for the student Baraa Fath Al Rahman from the College of Pharmacy, and Hassan Mohammed from the College of Pharmacy ranked third place in the competition.

The aim of this event is to motivate and energize students at the beginning of the semester, based on the University's belief in the need to combine scientific and recreational aspects, encourage them to exercise and adopt a healthy lifestyle.

[Press Release Link](#)