

Center for Sport and Health (ZFG)

Philosophy

(Last updated: December 11, 2025,)

The ZFG (Center for Health and Fitness) offers a diverse range of health-oriented activities for students and staff of Chemnitz University of Technology. These activities are exclusively available to members of the university community, do not compete with public fitness facilities, and do not solicit external participants. Pricing is not profit-driven but designed to cover costs.

The Center for Fitness and Health's affiliation with the central university institution "[Center for Sport and Health Promotion - ZfSG](#)" ensures a close connection to university sports.

The trainers are recruited from the degree programs of the [Institute for Applied Movement Sciences](#) (Bachelor's in Prevention, Rehabilitation and Fitness Sports, Master's in Movement Science and Rehabilitation, Master's in Human Movement Science), who are trained for their coaching activities through their studies and internal training courses. In exceptional circumstances, students from other degree programs also have the opportunity to work at the ZFG.

Intensive onboarding by existing staff and regular internal training form the basis for qualified supervision. The acquisition of job-specific skills through work at the Center for Sport and Health Promotion (ZFG) is seen as an added value of student education and is therefore also a great benefit for the Institute for Applied Movement Sciences. Both the quality assurance of the coach training and the organizational aspects of the ZFG are ensured by the staff of the Center for Sport and Health Promotion, who are simultaneously involved in teaching at the Institute for Applied Movement Sciences.

In addition to general health-oriented fitness training, the program also incorporates sports therapy approaches for various health conditions. This begins with a comprehensive assessment to determine individual training prerequisites using validated testing procedures. The ZFG team supports trainees from the initial consultation through training development to the optimization of diverse training programs.