
PHYSICAL EDUCATION IV.

Type of Subject: Compulsory

Code of Subject: AOKTSI009_4A

Credit: 0

Name of the Lecturer: Várszegi Kornélia

The objectives of Physical Education:

One aim of the course is to improve the health status of medical students, maintaining and increasing physical performance, creating the conditions for better physical quality of life.

1st.week: General information

Accident, fire and environmental knowledge. Requirement for acceptance of the semester system, the structure of the classes and the presentation of the university recreational sports opportunities for extra-curricular activities.

2nd.week: Basketball

Dribbling and shooting skill improving drills. Games: 1 on 1; 2 on 2; shooting contests, king of the court. Scrimmage.

3rd.week: Wall-bar exercises

Enhance strength and balance by climbing, declining, hanging, skipping, pulling, pushing etc. exercises.

4th.week: Circuit training

A chain of compete drills in a certain time period with and without equipment. The aim is to improve the general level of strength and stamina.

5th.week: Floorball

Passing and receiving skill improving drills. Exposing shots on goal (wrist- slap- and snapshots). Scrimmage.

6th.week: Drills in pairs

Strength, agility, coordination and battling skill improving exercises with a partner incorporated.

7th.week: Volleyball

Introducing the defensive elements of the game (receiving serves, blocks). Exposing unknown rules. Games.

8th.week: Game-day

Introducing and practicing different kind of cohesion enhancing games (Tick-Tac-Toe, etc.)

9th.week:

Ruffier test

Comparing the results with the previously recorded one to bring the importance of the health of the cardiovascular system to the attention.

10th.week: Circuit training

Specialized chain of drills for strengthen the shoulder, back, chest, arm and leg muscles, considering the fitness level of the Students.

11th.week: Tennis

Introducing variations of ground strokes and grip types (slice, topspin, lobs etc.) Exposing the rules of doubles. Games (all around the world, etc.)

12th.week: Badminton

Exposing the rules and the basic tactical elements of the doubles game. Scrimmage.

13th.week: Core exercises

Body-weight exercises targeting to strengthen the muscles of the trunk thus develop a strong fascia to protect it from the harmful effects of overdose sitting (studying)

14th.week: Medicine-ball exercises

Strength and coordination (complex) skill developing exercises by throwing, rolling, passing, lob, shot-put, etc. with a partner incorporated.

Another way to complete the Physical Education course is to 15 times actively participate in the trainings of university teams. As teams take part in championships during the school year, we only accept applications from professional athletes! (2x90 mins./week sport training (competitive sport, for qualified only): cheerdance, cheerleader, men's football, handball, basketball, volleyball)

Requirements to participate in the sessions and the potential for absences:

Active participation in sport classes.

The method of proof for the workshops and the exam absence:

The absence can not be proved, should make up for the lost lessons.

Requirements for signature at the end of semester (including the number of tasks to be solved learning outcomes and type):

Active participation in ten classes (for trainings 15 times) approved by the staff.

How to prove absence regarding the exam:

Absence must be retaken!