

PHYSICAL EDUCATION I.

Department of Physical Education

Type of Subject: Compulsory

Code of Subject: AOKTSI009_1A

Credit: 0

Name of the Lecturer: Várszegi Kornélia

His/her workplace, phone number: 1107 Budapest, Zágrábi utca 14. +36-1/264-1408

Position: director

Objectives of the subject, its place in the medical curriculum:

The short-term goal of the course is to maintain and improve the students' current state of health, to create the physical conditions for a better quality of life by learning and practicing (new) branches of sports that can be practiced after graduation as well. The long-term goal is to improve the quality of life and life prospects of future physicians, and to provide students with credible preventive attitudes and lifestyle advice - so that they can represent those in their later practice, through their own health-promoting behaviour.

Place where the subject is taught (address of the auditorium, seminar room, etc.):

Testnevelési és Sportközpont (Gymnasium) 1107 Budapest Zágrábi utca 14.

Successful completion of the subject results in the acquisition of the following competencies:

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.

Number of students required for the course (minimum, maximum) and method of selecting students:

According to the Neptun admission system (20 – 60 students)

How to apply for the course:

via Neptun system

Detailed curriculum:

1st Week:	General information	Health and Safety, Fire and Environmental protection. The mid-year adoption requirements, the construction of the classes and the presentation of the university recreational and sports opportunities for extra – curricular activities. Heart rate measurements, Ruffier test and evaluation of the results.
2nd Week:	Athletic	Exercises to improve stamina. Preferably outdoors, on grass ground running, with the aim of developing good running and breathing techniques.
3rd Week:	Flying disc	Introduction the basic of frisbee rules and practicing the basic technical elements in pairs and game situation.
4th Week:	Tennis	Introducing the basis technical elements of tennis (forehand and backhand shot), improving hand-eye coordination.
5th Week:	Agility ladder	Introducing different running, skipping techniques using agility ladder.
6th Week:	Football	Introducing the basic technical elements of football. Single exercises and exercises in pairs to improve the ball skill development.
7th Week:	Badminton	Introducing the basic technical and tactical elements of badminton. Introducing the basic rules and game.
8th Week:	Circuit training	Bodyweight exercises and exercises with basic equipment to learn the correct functional movement pattern.
9th Week:	Ruffier test and ball skill developing exercises	Compare the results with the previous test to bring the importance of the health of the cardiovascular system to the attention.
10th Week:	Meta	Introducing the game and the basic rules. Aim to improve the ball skill development, improve reaction time, speed and explosiveness.
11th Week:	Obstacle course	To complete a built up obstacle course using different creeping- climbing, hovering, pulling, skipping, throwing techniques for general skill development.
12th Week:	Core training	Postural correction exercises using the own bodyweight especially to strengthen the core muscles to prevent the health of the vertebrae.
13th Week:	Skipping rope	Endurance and coordination developing exercises at different levels using skipping rope.
14th Week:	Dumbbell exercises	Strengthening exercises with dumbbells.

P.E. Teachers:

Doharné Buczkó Anikó, Farkas Dominika, Kalmus Dániel, Lehel Zsolt, Sótonyiné Hrehuss Nóra, Várszegi Kornélia, Weisz Miklós

Requirements for participation in classes and the possibility to make up for absences:

The number of active participations for physical education classes is 10, regardless of the number of school breaks, which is to be completed during the hours assigned to the group. Two hours can be recovered in the first week of the exam period, on two separate days, after registration in the Neptun system. Lessons missed do not need to be certified; however, catching up is mandatory. The days of study breaks do not qualify as automatic attendance. Practice leaders follow an online presence registration at the beginning and end of the lessons, which can be individually tracked on semmelweis.hu/sportkozpont homepage.

Methods to assess knowledge acquisition during term time:

There is no mandatory control during the term.

Requirements for signature:

Active participation in practice classes 10 times under the conditions described above.

May be exempted from attending classes the student who

1. whose diagnosis and the opinion of the sports doctor do not allow to exercise, or
2. does sports regularly and submits a certificate of association and federation.