

PHYSICAL EDUCATION II.

Type of Subject: Compulsory

Code of Subject: AOKTSI009_2A

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	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, passing and shooting drills in order to improve fine motor skills.
3rd Week:	Bench exercises	Using the dimensions of the sport bench by running, skipping, jumping, lifting etc. exercises.
4th Week:	Rubber band exercises	Strength and coordination training by taking advantage of the elastic features of the object.
5th Week:	Floorball	Introducing the sport to the Students by exposing the major rules, proper technique of stick handling. Passing and shooting drills.
6th Week:	„Double-trouble”	Strength and stretch training in pairs by applying different starting positions. Functional movements executed in pairs.
7th Week:	Volleyball	Introducing the fundamental elements of the game (serves, hits, digs etc.) Exposing the major rules and techniques.
8th Week:	Frisbee	Taking the next step into the game by applying tactical elements in match situations. Passing and catching drills in different moving forms.
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. Sport games on the side (Dodge-ball, King of the court etc.)
10th Week:	Circuit training	General strengthening drills at each stations. Applying different intensity level, regarding the various conditions of the Students.
11th Week:	Tennis	Involving the new strokes into the learning process: form of serves, the volleys, the smash etc.
12th Week:	Badminton	Introducing the new technical and tactical elements of the game (drop shots, lobs, smash etc.) Exposing the rules of doubles.
13th Week:	Core exercises	Relative (own body) weight exercises applying different equipment (hand weights, rubber band etc.) with the aim of postural correction, by strengthening the core muscles in order to avoid spinal deformations.
14th Week:	Box exercises	Applying the sport box by jumping, lifting, slaloming, carrying (etc) it. By this enhance the level of strength and stamina.

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): cheerleader, men's football, handball, basketball, volleyball)

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 (for trainings 15 times!), 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.