

PHYSICAL EDUCATION III.

Department of Physical Education

Subject: Physical Education III.

Type of Subject: Compulsory

Code of Subject: AOKTSI009_3A

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.

The syllabus

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 measurement exercises. Ruffier test and evaluation of the results.

2nd Week: Athletic

Different athletic exercises like throwing, shot put. Preferably outdoors with the aim of learn how to execute the exercise with a proper form and breathing technique.

3rd Week: Tennis

Introducing and learning advanced technical elements (serve, volley) and game.

4th Week.: Agility ladder

To perform different exercises to improve speed, balance and concentration. Preferably outdoors, on grass ground.

5th Week: Relay race and competitive games

To improve explosiveness, skills and experience good team spirit.

6th Week: Football

Practicing the technical elements of football in pairs and game situation.

7th Week: Circuit training

Functional exercises with bodyweight and exercises with basic equipments to improve general coordination skills.

8th Week: Badminton

Introducing the technical and tactical elements of doubles game. Game applying all the previously known rules.

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: Meta

Reminders of the basic need to know about META. Learn tactical elements of the game and using them. Aim to improve ball skill development, reaction time, explosiveness and collective gaming experience.

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: Mobilisation

Dynamic stretching exercises with and without equipment to prevent the health of the joints by maintaining and developing the mobility of it.

13th Week: Skipping rope

Skill developing exercises with skipping rope individually and in pairs, in place and in motion at different levels.

14th Week: Kettlebell Different kind of strenghtening exercises with kettlebell.

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!