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
Diamic 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 strengthening 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!