

PHYSICAL EDUCATION IX-X.

Department of Physical Education

Subject: Physical Education IX.

Type of Subject: Compulsory

Code of Subject: AOKTSI009_9A

Credit: 0

Name of the Lecturer: Várszegi Kornélia

The objectives of Physical Education:

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 behavior.

The syllabus (preferably a week and numbered):

Within the framework of compulsory regular physical activity, the requirements of the subject can be fulfilled as free of charge. The former is available during classes and courses organized by the Semmelweis University's Centre for Physical Education and Sports (TSK), students can also choose the "Other" course category, where they record their weekly physical activity independently.

The student who completes the course either individually is also supposed to attend 10 classes (once a week) and record their participation in the weekly sent UniPoll questionnaire.

or

Free of charge:

2x90 mins./week sport training (competitive sport, for qualified only): cheerdance, cheerleader, men's football, handball, basketball, volleyball

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! 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.

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!

Department of Physical Education

Subject: Physical Education X.

Type of Subject: Compulsory

Code of Subject: AOKTSI009_10A

Credit: 0

Name of the Lecturer: Várszegi Kornélia

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