

2023/2024. ACADEMIC YEAR							
PROGRAM OF STUDY (FOR STUDENTS OF 1ST YEAR)							
Full (Hungarian) name of the subject: Testnevelés I.							
Program: Undivided program (pharmaceutical)							
Schedule: Full-time							
Short name of the subject: P.E.							
English name of the subject: Physical Education I.							
German name of the subject: Sport I.							
Type of registration: obligatory/obligatory elective/elective/criteria requirement							
Neptun code of the subject: GYKTSII16G1A							
Responsible Department: P.E. and Sport Centre							
Responsible tutor Kornélia Várszegi				Title, academic degree: director, P.E. teacher			
Contact information: - phone: +36-20/825-0611 - email: varszegi.kornelia@semmelweis.hu							
Name of the persons responsible for the teaching of the subject: Doharné Buczkó Anikó Farkas Dominika Kalmus Dániel Lehel Zsolt Sótonyiné Hrehuss Nóra Várszegi Kornélia Weisz Miklós				Title, academic degree: P.E. teachers			
Class per week: 1 hour practise				Credit point(s): 0			
Professional content, intent of acquirement and it's function in order to implement the goals of the program: 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.							
Short description of the subject: 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.							
<i>Course data</i>							
Recommend ed term	Contact hours (lecture)	Contact hours (practice)	Contact hours (seminar)	Individual lectures	Total number of contact hours/semester	Normal course offer	Consult ations
1.semester	-	14	-	-	14	<u>Autumn semester*</u> Spring semester Both semesters (* Please underline)	--
<i>Program of semester**</i>							
Topics of theoretical classes (pro week):							

Topics of practical classes (pro week):

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: 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 differend creeping- climbing,hovering, pulling,skipping, throwing techniques for general skill development.

12th Week: Core traning

Postural correction exercises using the own bodyweight especially to strenghten 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

Strenghtening exercises with dumbbells.

Schedule of consultations:

Course requirements

Prerequisites:

Conditions of attending the classes, amount of acceptable absents, way of presentation of leave, opportunity for makeup:

The number of active participations for physical education classes is 10 (once a week), 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. 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.

<p>The grading method; the conditions for getting the signature; the number, topic(s) and date(s) of the mid-term assessments, (reports, term tests), and the process in which they contribute to the final grade; and the possibility of their retake or their upgrading retake (as provided in §§ 25-28 of the STUDY AND EXAMINATION REGULATIONS):</p>
<p>Number, topics and dates of tests during the semester, opportunities of makeup and improvement of results***:</p>
<p>Requirements of signature (as provided for in STUDY AND EXAMINATION REGULATIONS § 29):</p> <p>Active participation in practice classes 10 times (once a week) under the conditions described above.</p>
<p>Number and type of projects students have to perform independently during the semester and their deadlines:</p>
<p>Type of the semester-end examination: <u>signature*/practical grade*/semi-final*/final*</u> (<i>Please underline</i>)</p> <p>Examination requirements: as published by the education-research department on the MOODLE interface by the start of the academic term.</p>
<p>Form of the semester-end examination: <u>written*/oral*/combined examination/practical examination/the assessment of completing project work (according to STUDY AND EXAMINATION REGULATIONS 30.§)*</u> (<i>Please underline</i>)</p>
<p>The possibility and conditions for offering grades:</p> <p>Active participation in practice classes 10 times under the conditions described above.</p> <p>May be exempted from attending classes the student who</p> <ol style="list-style-type: none"> 1. whose diagnosis and the opinion of the sports doctor do not allow to exercise, and submits a certificate <p>or</p> <ol style="list-style-type: none"> 2. does sports regularly and submits a certificate of association and federation in the neptun system during the exemption period at the beginning of the semester.
<p>A list of the basic notes, textbooks, resources and literature that can be used to acquire the knowledge necessary to master the curriculum and to complete the assessments, with exact description about which of them is required to acquire which part of the syllabus (e.g. description based on topics)), as well as the main technical and other aids and study aids that can be used:</p>
<p>In the case of a subject lasting more than one semester, the position of the teaching/research department on the possibility of parallel enrolment and the conditions for admission****:</p> <p><u>yes*/no*/on and individual assesment basis*</u> (<i>Please underline</i>)</p> <p>If you have not completed the course you may be readmitted in the 1. semester of the following academic year.</p>
<p>The course description was prepared by:: Kornélia Várszegi</p>