

2023/2024. ACADEMIC YEAR

PROGRAM OF STUDY (FOR STUDENTS OF 3RD YEAR)

| Full (Hungarian) name of the subject: Testnevelés V. | | | | | | | |
|---|-------------------------|--------------------------|-------------------------|---|---|--|----------------|
| Program: Undivided program (pharmaceutical) | | | | | | | |
| Schedule: Full-time | | | | | | | |
| Short name of the subject: P.E. | | | | | | | |
| English name of the subject: Physical Education V. | | | | | | | |
| German name of the subject: Sport V. | | | | | | | |
| Type of registration: obligatory/obligatory elective/elective/criteria requirement | | | | | | | |
| Neptun code of the subject: GYKTSII16G5A | | | | | | | |
| 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 | | | | | | | |
| Class per week: 1 hour practise | | | | Credit point(s): 0 | | | |
| Name of the persons responsible for the teaching of the subject: Doharné Buczkó Anikó Farkas Dominika Kalmus Dániel Lehel Zsolt Weisz Miklós Kovács Imre Katona László Nagy-Kismarci Bence Balogh Orsolya Dr. Herbert – Minkó Krisztina Tóth Balázs Kiss Valéria Paksai Márton Soós Gábor Kunos Gábor | | | | Title, academic degree: P.E. teachers P.E. teachers P.E. teachers P.E. teachers P.E. teachers tennis trainer Boulder, Hiking and Badminton trainer cheerleading trainer aerobic and zumba trainer yoga trainer dance, zumba, salsa trainer Bless You Gym trainer ultimate freesbe trainer tennis trainer hiking trainer | | | |
| 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: Upon completion of the course the student will be able to carry out regular physical activity. | | | | | | | |
| Course data | | | | | | | |
| Recommend ed term | Contact hours (lecture) | Contact hours (practice) | Contact hours (seminar) | Individu al lectures | Total number of contact hours/sem ester | Normal course offer | Consult ations |
| 5 semester | - | 14 | - | - | 14 | <u>Autumn semester*</u> Spring semester Both semesters (* Please underline) | -- |

Program of semester**

Topics of theoretical classes (pro week):

Topics of practical classes (pro week):

Within the framework of compulsory regular physical activity, the requirements of the subject can be fulfilled as free of charge and self-financed student as well. The former is available during classes and courses organized by the Semmelweis University's Centre for Physical Education and Sports (TSK), and the latter is available at SE-TSK accredited partner locations.

Free of charge:

60 minute classes held at the same time on a weekly basis, on the premises of the TSK facilities and other locations.
1107 Bp, Zagrabi utca 14.

1x60 min./week sessions:

Aerobics, BlessYou Gym, boulder, functional circuit training, golf, beginner Yoga, male football, salsa, step aerobics, badminton, beginner ultimate frisbee, advanced ultimate frisbee, zumba

1 x 90 mins./week sessions: women's football, ice hockey, beginner tennis, beginner tennis 2,

4 x 3 hrs. and 1x 2 hrs. session packages: Golf, Hiking 1, Hiking 2.

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

Fee-based:

at the sports venues specified on www.semmelweis.hu/sportkozpont, which will also be advertised on the Neptun system. The list of these locations may vary per school year.

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.

Except for the Sport Hiking courses, where you have to attend 4 times due to blocking. 3 of these are on your own course and 1 can be made up by arrangement with the instructor!

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!

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):

Number, topics and dates of tests during the semester, opportunities of makeup and improvement of results*:**

Requirements of signature (as provided for in STUDY AND EXAMINATION REGULATIONS § 29):

Active participation in practice classes 10 times (trainings 15 times) under the conditions described above.

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| <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: Active participation in practice classes 10 times (trainings 15 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 in the exemption period preceding 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> |