

2024/2025. ACADEMIC YEAR							
PROGRAM OF STUDY (FOR STUDENTS OF 2ND YEAR)							
<b>Full (Hungarian) name of the subject:</b> Testnevelés III.							
<b>Program:</b> Undivided program (pharmaceutical)							
<b>Schedule:</b> Full-time							
<b>Short name of the subject:</b> P.E.							
<b>English name of the subject:</b> Physical Education III.							
<b>German name of the subject:</b> Sport III.							
<b>Type of registration:</b> obligatory/obligatory elective/elective/criteria requirement							
<b>Neptun code of the subject:</b> GYKTSII16G3A							
<b>Responsible Department:</b> P.E. and Sport Centre							
<b>Responsible tutor</b> Kornélia Várszegi				<b>Title, academic degree:</b> director, P.E. teacher			
<b>Contact information:</b> - <b>phone:</b> +36-20/825-0611 - <b>email:</b> varszegi.kornelia@semmelweis.hu							
<b>Name of the persons responsible for the teaching of the subject:</b> Doharné Buczkó Anikó Farkas Dominika Kalmus Dániel Lehel Zsolt Sótonyiné Hrehuss Nóra Várszegi Kornélia Weisz Miklós				<b>Title, academic degree:</b> P.E. teachers			
<b>Class per week:</b> 1 hour practise				<b>Credit point(s):</b> 0			
<b>Professional content, intent of acquirement and it's function in order to implement the goals of the program:</b> 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.							
<b>Short description of the subject:</b> 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>							
Recommended term	Contact hours (lecture)	Contact hours (practice)	Contact hours (seminar)	Individual lectures	Total number of contact hours/semester	Normal course offer	Consultations
3.semester	-	14	-	-	14	<u>Autumn semester*</u> Spring semester Both semesters (* Please underline)	--
<i>Program of semester**</i>							
<b>Topics of theoretical classes (pro week):</b>							

## 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 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 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): cheerleader, men's and women football, handball, basketball, volleyball, waterpolo)

## 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](http://semmelweis.hu/sportkozpont) homepage.

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<p><b>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):</b></p>
<p><b>Number, topics and dates of tests during the semester, opportunities of makeup and improvement of results***:</b></p>
<p><b>Requirements of signature(as provided for in STUDY AND EXAMINATION REGULATIONS § 29):</b> Active participation in practice classes 10 times (once a week) (trainings 15 times) under the conditions described above.</p>
<p><b>Number and type of projects students have to perform independently during the semester and their deadlines:</b></p>
<p><b>Type of the semester-end examination:</b> <u>signature*/practical grade*/semi-final*/final*</u> (<i>Please underline</i>)</p> <p><b>Examination requirements:</b> as published by the education-research department on the MOODLE interface by the start of the academic term.</p>
<p><b>Form of the semester-end examination:</b> <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><b>The possibility and conditions for offering grades:</b> 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"> <li>1. whose diagnosis and the opinion of the sports doctor do not allow to exercise, and submits a certificate</li> </ol> <p>or</p> <ol style="list-style-type: none"> <li>2. does sports regularly and submits a certificate of association and federation in the neptun system in the exemption period preceding the semester.</li> </ol>
<p><b>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:</b></p>
<p><b>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****:</b></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><b>The course description was prepared by:</b> Kornélia Várszegi</p>

**\*\* A tantárgy tematikáját oly módon kell meghatározni, hogy az lehetővé tegye más intézményben a kreditismerési döntéshozatalt, tartalmazza a megszerzendő ismeretek, elsajátítandó alkalmazási (rész)kézszségek, (rész)kompetenciák és attitűdök leírását, reflektálva a szak képzési és kimeneti követelményeire.**