

## **Tárgytematika / Course Description** **Physical Education / Swimming**

**TKNB\_TSKA001**

**Tárgyfelelős neve /**

**Teacher's name:** dr. Gyömörei Tamás

**Félév / Semester:** 2024/25/1

**Beszámolási forma /**

**Assesment:** Beszámoló (kétfokozatú)

**Tárgy heti óraszám /**

**Teaching hours(week):** 0/2/0

**Tárgy féléves óraszám /**

**Teaching hours(sem.):** 0/0/0

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### **OKTATÁS CÉLJA / AIM OF THE COURSE**

Aim of Education:

Swimming PE classes aim to offer for non-swimmers one swimming style acquirement. For skilled swimmers style technique and stamina development is offered

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### **TANTÁRGY TARTALMA / DESCRIPTION**

Swimming (TS01)

Course Content:

Minimum one swimming style acquirement and its safe technique is offered. Elementary life-saving skills can be obtained during the course. Course requirements can be completed during term-time and examination periods.

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### **SZÁMONKÉRÉSI ÉS ÉRTÉKELÉSI RENDSZERE / ASSESSMENT'S METHOD**

Course requirements and evaluation:

The course must be covered prior to pre-degree certification.

Swimming class attendance 10 times per term. Enrolment deadline: for beginners week 5 ; for all other swimmers week 5 of the term.

- Beginners: 200 m continuous performance (freely chosen swimming style) Minimum of 10 times swimming class attendance in the term.

- Advanced swimmers: 1000 m - male: 28 minutes or less, female: 30 min or less or 8000m collected during course sections.

In case of proven medical conditions, SRK (Sports and Recreation Centre) can set individual course requirements.

Advanced swimmers can cover course requirement by "Lake Balaton cross swimming challenge", active and registered competitor of listed sports: swimming, triathlon, rowing, kayak- canoe, sailing, water polo; Competition report valid for the term must be presented for SRK.

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#### **KÖTELEZŐ IRODALOM / OBLIGATORY MATERIAL**

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#### **AJÁNLOTT IRODALOM / RECOMMENDED MATERIAL**