

**Tárgytematika / Course Description****Physical education / power**

TKNB\_TSKA002

**Tárgyfelelős neve /****Teacher's name:** Gyömörei Tamás**Félév / Semester:** 2018/19/1**Beszámolási forma /****Assesment:** Aláírás megszerzése**Tárgy heti óraszám /****Teaching hours(week):** 0/2/0**Tárgy féléves óraszám /****Teaching hours(sem.):** 0/0/0**OKTATÁS CÉLJA / AIM OF THE COURSE****TS02 (Strength and Conditioning)**

Aim of Education:

Increasing of general strength and physical condition for students.

**TANTÁRGY TARTALMA / DESCRIPTION**

Course Content:

Gym and other related P.E. classes offer professional help, correct way of exercises and use of Gym Equipment in the area of strength development and conditioning for students.

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

Course requirements and evaluation:

Course requirements can be completed during term-time and examination periods.

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

Registered class attendance 10 times per term. Enrolment deadline: week 10 of the term.

**Strength presentation test (TS02)**

• Male:

- sit ups 40 times or more within 1 minute or 70 continuous repetition

- back extension on floor 70 times per min or 30 times on roman chair
- push ups 35 times, or flexed arm hang for 45 seconds (EUROFIT test)
- Registered Course attendance in 10 times per term

• Female:

- sit ups 36 times or more within 1 minute or 50 continuous repetition
- back extension on floor 60 times per min or 20 times on roman chair
- knee push ups 15 times, or flexed arm hang for 20 seconds (EUROFIT test)
- Registered class attendance 10 times per term

In case of proven medical conditions TSK (P.E. and Sports Centre) can set individual course requirements.

---

## **KÖTELEZŐ IRODALOM / OBLIGATORY MATERIAL**