

## Tárgytematika / Course Description

### Physical education / power

TKNB\_TSKA002

**Tárgyfelelős neve /**

**Teacher's name:** Gyömörei Tamás

**Félév / Semester:** 2019/20/1

**Beszámolási forma /**

**Assesment:** Aláírás megszerzése

**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

#### TS02 (Strength and Conditioning)

Aim of Education:

Increasing of general strength and physical condition for students.

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### 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.

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### 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.

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## **KÖTELEZŐ IRODALOM / OBLIGATORY MATERIAL**