

Tárgytematika / Course Description **Physical Education / Power**

TKNB_TSKA002

Tárgyfelelős neve /

Teacher's name: dr. Gyömörei Tamás

Félév / Semester: 2023/24/1

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 5 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 SRK (Sports and Recreation Centre) can set individual course requirements.

KÖTELEZŐ IRODALOM / OBLIGATORY MATERIAL

AJÁNLOTT IRODALOM / RECOMMENDED MATERIAL