Tárgytematika / Course Description

Physical education / fitness

TKNB_TSKA003

Tárgyfelelős neve / Teacher's name: Gyömörei Tamás

Félév / Semester: 2019/20/1

Beszámolási forma / Assesment: Aláírás megszerzése

Tárgy heti óraszáma / Teaching hours(week): 0/0/0

Tárgy féléves óraszáma / Teaching hours(sem.): 0/0/0

OKTATÁS CÉLJA / AIM OF THE COURSE

TS03 (aerobic endurance)

Aim of Education:

General endurance development for students

TANTÁRGY TARTALMA / DESCRIPTION

Course requirements and evaluation:

P.E. classes and courses offer aerobic endurance development for students.

Courses can be attended and covered during term time. The course must be covered prior to pre-degree certification. Enrolment deadline: week 10 of the term.

SZÁMONKÉRÉSI ÉS ÉRTÉKELÉSI RENDSZERE / ASSESMENT'S METHOD

Aerobic endurance challenge / test (TS03)

• Male:

- Running race orgainized by the University („Püspök" forest race): 5600 m run within 30 min, or collected 30 km during course sections, or EUROFIT 20 m- beep test 90 x 20m (grade 11), or spiroergometric lab examination according to European standard: performance (VO2 max) grade "good" or "excellent" on treadmill or PWC 170 test on bike.

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

• Female:

Running race: 5600 m run within 38 min, or collected 30 km during course sections, or EUROFIT 20 m beep test 60 x 20m (grade 8), or spiroergometric lab examination according to European standard: performance (VO2 max) grade "good" or "excellent" treadmill or PWC 170 test on bike.

- Registered Course attendance in 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