

## Tárgytematika / Course Description

### Physical Education / Sport Skills

TKNB\_TSKA004

**Tárgyfelelős neve /**

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

**Félév / Semester:** 2022/23/2

**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

TS04 (Sports knowledge, sportmanship)

Aim of Education:

Basic techniques, tactics, and rules of chosen sport or game.

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### TANTÁRGY TARTALMA / DESCRIPTION

TS04 (Sports knowledge)

Course Content:

Basic and modern sport practice in game and competition situation.

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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. Course must be covered prior to pre-degree certification. Registered class attendance 10 times per term. Enrolment deadline for TSK offered courses week 10 of the term.

Non-TSK offered courses can be accepted by conditions.\* (see below)

#### **TS04 (Sports knowledge, sportmanship)**

a.: Basic level acquirement of a chosen sports game, participation in games. (basic techniques, tactics, rules, ballgame situations)

b.: Basic level acquirement of a chosen sport (aerobics, extreme-sports, martial arts, water sports, yoga and dance, etc.)

c.,: Participation in Spiroergometric Lab examination according to European standard: Performance level (VO2 max) grade "good" on a treadmill or PWC 170 test on a bike.

Repetition of Spiroergometric Lab Examination is offered if performance grade (VO2 max) fail to reach level "good"; a student can repeat test within the term ( not sooner than 6 weeks).

Test results must show a tendency of development in (VO2 max).

- a., or b., a requirement can be covered by 10 registered course /class attendance per term.

Competition report of home championships, tours, hiking (min. 30K), camps, accepted by TSK or non-TSK offered course membership card/report can be accepted.

Participation in any registered TSK offered course /class attendance 10 times per term.

For detailed specification, students must contact TSK.

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

*\*Completion reports valid for the term must be presented for TSK.*

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## KÖTELEZŐ IRODALOM / OBLIGATORY MATERIAL