

Tárgytematika / Course Description **Physical Education / Sport Skills**

TKNB_TSKA004

Tárgyfelelős neve /

Teacher's name: dr. Gyömörei Tamás

Félév / Semester: 2023/24/2

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

TS04 (Sports knowledge, sportmanship)

Aim of Education:

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

TANTÁRGY TARTALMA / DESCRIPTION

TS04 (Sports knowledge)

Course Content:

Basic and modern sport practice in game and competition situatuion.

SZÁMONKÉRÉSI ÉS ÉRTÉKELÉSI RENDSZERE / ASSESMENT'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 SRK offered courses week 5 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 SRK or non-SRK offered course membership card/report can be accepted.

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

For detailed specification, students must contact SRK.

In case of proven medical conditions SRK (Sports and Recreation Centre) can set individual course requirements.

**Completion reports valid for the term must be presented for SRK.*

KÖTELEZŐ IRODALOM / OBLIGATORY MATERIAL

AJÁNLOTT IRODALOM / RECOMMENDED MATERIAL