

SPORTS

1. SYLLABUS INFORMATION

1.1. Course title

Sports

1.2. University

Pázmány Péter Catholic University

1.3. Semester

1st year, 1st semester

2. COURSE DETAILS

2.1. Course nature

Compulsory

2.2. ECTS Credit allotment

0

2.3. Faculty data

Dr. Reguly István Zoltán

3. COMPETENCES AND LEARNING OUTCOMES

3.1. Course objectives

Physical Education classes are designed to practice and develop skills in activities that will help students maintain fitness throughout their life. We will explore fitness activities designed to improve all areas of fitness. Students will be introduced to life-long activities designed to increase their likelihood of exercising in the future. Students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health.

3.2. Course contents

Possible options: Gymnastics, spinal exercises or ball games (e.g. football, volleyball, basketball, table tennis, etc.)

4. EVALUATION PROCEDURES AND WEIGHT OF COMPONENTS IN THE FINAL GRADE

Completion of the course is marked by a semester-end signature. In order to get this, students must acquire 10 class attendance signatures during the study period.