



SUBJECT DATASHEET

PHYSICAL EDUCATION

BMEGT70BS1A

I. SUBJECT DESCRIPTION

1. SUBJECT DATA

Subject name

PHYSICAL EDUCATION

ID (subject code)

BMEGT70BS1A

Type of subject

contact lessons

Course types and lessons

| <u>Type</u> | <u>Lessons</u> | <u>Type of assessment</u> | <u>Number of credits</u> |
|-------------|----------------|---------------------------|--------------------------|
| Lecture | 2 | signature | |
| Practice | 0 | | |
| Laboratory | 0 | | 0 |

Subject Coordinator

Name Position Contact details

Kincses Gábor director kincses.gabor@gtk.bme.hu

Educational organisational unit for the subject

Centre of Modern Languages

Subject website

<https://edu gtk.bme.hu>

Language of the subject

magyar - HU

Curricular role of the subject, recommended number of terms

Programme: Business administration and management Bachelor's Programme from 2021/22/Term 1

Subject Role: Core requirement

Recommended semester: 0

Programme: Communication and media studies Bachelor's Programme compulsory subjects from 2018

Subject Role: Compulsory

Recommended semester: 1

Programme: Engineering Management Bachelor's Programme from 2015/16/Term 1

Subject Role: Core requirement

Recommended semester: 0

Programme: Engineering Management Bachelor's Programme from 2017/18/Term 1

Subject Role: Core requirement

Recommended semester: 0

Programme: Engineering Management Bachelor's Programme 2010

Subject Role: Core requirement

Recommended semester: 1

Programme: International Management Bachelor's Programme from 2018/19/Term 1

Subject Role: Core requirement

Recommended semester: 0

Programme: International Management Bachelor's Programme from 2020/21/Term 1

Subject Role: Core requirement

Recommended semester: 0

Programme: Finance and Accounting Bachelor's Programme from 2019/20/Term 1

Subject Role: Core requirement

Recommended semester: 0

Programme: Business Administration and Management Bachelor's Programme from 2018/19/Term 1

Subject Role: Core requirement

Recommended semester: 0

Direct prerequisites

Strong None

Weak None

Parallel None

Exclusion None

Validity of the Subject Description

Approved by the Faculty Board of Faculty of Economic and Social Sciences, Decree before 2017. Revision in szeptember 2021.

2. OBJECTIVES AND LEARNING OUTCOMES

Objectives

Emphasis on a healthy lifestyle, lifestyle, education on regular sports activities. During physical education classes, we perform basic health screenings to shed light on the relationship between heart rate, blood pressure, body weight data, and conscious physical activity.

Academic results

Knowledge

1. By completing the course, the student gets to know the specifics of the given sport.
2. The student acquires an understanding of basic biological, anatomical, biomechanical relationships.
3. The student learns about the beneficial effects of regular sports on the body, the effects of which are highlighted by measurements (for example: heart rate, blood pressure).

Skills

1. The student is able to independently practice the movement material of the given sport with the correct execution.
2. The student is able to distinguish between health-promoting and health-damaging attitudes.

Attitude

Independence and responsibility

Teaching methodology

Practical classes with active class participation.

Materials supporting learning

- <https://testneveles.bme.hu/>
- <https://www.facebook.com/bmetestneveles>

II. SUBJECT REQUIREMENTS

TESTING AND ASSESSMENT OF LEARNING PERFORMANCE

General Rules

A testnevelés kritérium tárgy, két félév teljesítése kötelező. Aláírás megszerzése a követelmény. A tantárgy célkitűzéseinek megvalósítása 28 sportág (kurzus) gyakorlatanyagának felhasználásával heti 1 alkalommal gyakorlati órában történik.

Performance assessment methods

Vezetett névsor a hallgatók jelenlétééről. Az órák 70%-án való aktív részvétel a teljesítés feltétele.

Percentage of performance assessments, conducted during the study period, within the rating

Percentage of exam elements within the rating

Conditions for obtaining a signature, validity of the signature

A jelenléti ív alapján „Aláírás” vagy „Aláírás megtagadva” bejegyzés. A gyakorlati foglalkozások 70% -án történő aktív részvétel.

Issuing grades

Excellent

Very good

Good

Satisfactory

Pass

Fail

Retake and late completion

A 15. oktatási héten (pótlási hét) van lehetőség pótlásra.

Coursework required for the completion of the subject

Approval and validity of subject requirements

III. COURSE CURRICULUM

THEMATIC UNITS AND FURTHER DETAILS

Topics covered during the term

- 1 -

Additional lecturers

Approval and validity of subject requirements