



# **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

<i>Type</i>	<i>Lessons</i>
Lecture	2
Practice	0
Laboratory	0

### Type of assessment

signature

### Number of credits

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**

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

Subject Role: **Compulsory**

Recommended semester: **1**

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

Subject Role: **Core requirement**

Recommended semester: **0**

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

Subject Role: **Core requirement**

Recommended semester: **0**

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Programme: **Engineering Management Bachelor's Programme 2010**

Subject Role: **Core requirement**

Recommended semester: **1**

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

Subject Role: **Core requirement**

Recommended semester: **0**

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

Subject Role: **Core requirement**

Recommended semester: **0**

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

Subject Role: **Core requirement**

Recommended semester: **0**

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

Subject Role: **Core requirement**

Recommended semester: **0**

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Programme: **International Management Bachelor's Programme from 2022/23/Term 1**  
Subject Role: **Core requirement**  
Recommended semester: **1**

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**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 september 2021.

## 2. OBJECTIVES AND LEARNING OUTCOMES

### **Objectives**

Emphasis on a healthy 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 jelenlétéről. 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

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1 -

### Additional lecturers

### Approval and validity of subject requirements