

Study Programme: Elementary Teacher
Course Unit Title: Basics of Physical education (for lower classes of elementary school)
Course Unit Code: U-3-1-13-0
Name of Lecturer(s): Josip M. Lepas, Szabolcs Cs. Halasi
Type and Level of Studies: Undergraduate Studies (BA)
Course Status (compulsory/elective): Compulsory
Semester (winter/summer): Winter
Language of instruction: Hungarian
Mode of course unit delivery (face-to-face/distance learning): Face-to-face learning
Number of ECTS Allocated: 3
Prerequisites: -
Course Aims: The goal of the course is to enable students to understand the activities in physical education as well as the principles of planning, programming, implementation, monitoring and evaluation of various forms of exercise in the field of physical education.
Learning Outcomes: Students are familiar with the means and methods for increasing and maintaining the optimal level of motor and functional abilities of children. Throughout the course, students should learn about processes, tools and procedures to create permanent habits for systematic exercise.
Syllabus: <i>Theory</i> Getting to know the structure of physical education. Influence of stimulus induced by physical exercise on the anthropological characteristics of children, as well as the processes of evolution and involvement. Influence of stimulus induced by physical exercise. Special significance is given to health and physical exercise, to the relationship of health and the human environment, hygiene and physical exercise. Basic principles of physical exercise management with the introduction of planning, programming, monitoring and evaluation. <i>Practice</i> Developing working habits and the sense of good movement and formation of movement.
Required Reading: <i>Compulsory:</i> Arday, L. – Tihanyiné Hős, Á. (2011): Kézikönyv az alsó tagozatos testnevelés tanításához, ELTE, Budapest. Farmosi, I. (2011): Mozgásfejlődés, Dialóg Campus, Budapest-Pécs. Lepas, J. – Halasi, Sz. (2013): A mozgásos játékok elméleti és gyakorlati alapjai, ÚE-MTTK, Szabadka. Handouts. <i>Optional:</i> Becsy, B. (1986): Mozgásos játékok és oktatásuk, Tankönyvkiadó, Budapest.

Берар, М. (2005): Кинезиологија младих, Учитељски факултет, Сомбор.
 Gaál, S-né – Bencze, S-né. (2004): A 3-10 éves korosztály testnevelés mozgásanyagának feldolgozása, Szarvas.
 Oettinger, B. (2002): Funkcionális gimnasztika, Dialóg Campus, Budapest-Pécs.

Weekly Contact Hours:
3(45)

Lectures: 2 (30)

Practical work: 1 (15)

Teaching Methods:

Lecture, practice, presentation, discussion, presentation, pair and individual work, consultation.

Knowledge Assessment (maximum of 100 points): 100

Pre-exam obligations	points	Final exam	points
Active class participation	10	written exam	25
Practical work	15	oral exam	35
Preliminary exam(s)			
Seminar(s)	15		

The methods of knowledge assessment may differ; the table presents only some of the options: written exam, oral exam, project presentation, seminars, etc.