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| 1. Course title: Outdoor Activities (Recreational Sports and Games) | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
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| 4. Contact hours: 2 hours per week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: max. 20 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Zita Hajduné László (Sports Facilities, Medical School, University of Pécs) | | | | | |
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| 11. Teacher(s) and percentage: | | Alexandra Cselkó | | 50 % | |
| Petra Mayer Nyisztorné | | 50 % | |
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| 12. Language: English | | | | | |
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| 13. Course objectives and/or learning outcomes:  The aim of the course is to introduce as many forms of movement as possible for the students, which can be useful for sports programs, training conditions and recreational programs as well. Students learn practical knowledge that they can use in indoor and outdoor. They should be able to apply the acquired forms of movement by age groups and using the appropriate methodology indirectly. | | | | | |
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| 14. Course outline   1. Course Description and Requirement of Semester. Prevention of Accident. Basic Knowledge of Recreation. 2. Nordic Walking: History, Equipment, Technical Knowledge, Practice. 3. Frisbee: History, Technical Knowledge, Game Options. 4. Ultimate Frisbee. 5. Game Options of Petanque and Baseball. 6. Rugby: Speciality of Ball, Game Options. 7. Written exam 8. Turul: History, Game Rules, Technical Knowledge. 9. Badminton: History, Game Rules, Technical Knowledge. 10. Game Options of Badminton, Speedbadminton. 11. Game Options of Floorball. 12. Jump Rope: Basic Exercises with One Jumping-rope, Games with Jumping-rope, Exercises with Double Jumping-rope. 13. Written exam | | | | | |
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| 15. Mid-semester works  Week 1  Week 2  Week 3  Week 4  Week 5  Week 6  Week 7 Written exam  Week 8  Week 9  Week 10  Week 11  Week 12  Week 13 Written exam | | | | | |
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| 16. Course requirements and grading  Active participation in classes, maximum 3 absences are allowed. Writing two written exam from the pre agreed topics. 50% are accepted in both written exam.  Grades:  0–49% fail (1)  50–64% acceptable (2)  65–74% average (3)  75–84% good (4)  85–100% excellent (5) | | | | | |
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| 17. List of readings   1. Claude H Miller (2013): Outdoor Sports and Games. 2. Jacky Sach (2010): The Wham-O Ultimate Frisbee Handbook. Tips and Techniques for Playing Your Best in Ultimate Frisbee. Wham-O Guide Book. 3. Badminton Association of England (2006): Badminton: Know the Game. 4. Tony Grice (2007): Badminton: Steps to Success. Human Kinetics. 5. David Fisher (2014): Cool Jump Rope Tricks You Can Do. A Fun Way to Keep Kids Aged 6 to 12 Fit All Year Round. 6. Steven Cauge (2014): The Joy of Rugby for Those who Love a Good Scrum. Summersdale. | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | 12 May, 2017 | **Prepared by** | Alexandra Cselkó  Petra Mayer Nyisztorné | | |
| teacher | | |
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| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |