



Syllabus

Term: 2025/26/1	Subject name: Basic of individual sports (Basic of athletics, Swimming, Martial arts, Sport gymnastics)	Subject code: ENAEDZN0401
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Unit (Unit code)	(TESTNEV)
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Lecturer responsible for the course:	Dr. TÓVÁRI Ferenc
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Requirement:	Term mark
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Classes per week :	0/8/0
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Classes per term:	0/104/0
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Purpose of education:

The knowledge gained in this course is important in the many-sided sport preparation of young athletes. The basics of fundamental sports such as athletics, swimming, gymnastics, and combatting will be learned. Students will be able to recognize the importance of performance development and injury prevention, and to incorporate methodological principles of these sports in to their own sport training programs.

Contents:

Program 1 (2 credits): Athletics.

Definition, features, and importance of athletics.

The benefits of the athletics training programs in other sports.

Main disciplines of athletics: running, jumping, throwing.

Teaching running and start techniques.

Developing running speed with athletic drills.

Teaching jumping technique.

Developing jumping performance with athletic drills.

Teaching throwing technique.



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Contents:

Development of throwing performance with athletic drills.

Developing endurance in athletics.

Program 2 (2 credits): Swimming.

Accident prevention, health care, and general regulations in the swimming pool.

Physiological effects of swimming: prevention, rehabilitation, recreation.

Development of swimming styles.

First steps about getting into the water. Principles of teaching swimming.

The breast stroke technique.

The back stroke technique.

The freestyle technique.

The butterfly technique.

Games, competitions, diving in water.

Ball games in swimming pool.

Jumps into the water.



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Contents:

Swimming pool rescue exercises.

Program 3 (2 credits): Gymnastics.

Introduction to gymnastics. Injury and accident prevention principles.

Common technique characteristics of gymnastics events. Structure of gymnastics movements.

Development of conditional skills and coordination with the methodology of gymnastics.

Basic exercises on the floor.

Basic exercises on parallel bar/uneven bar.

Basic vaulting exercises.

Basic exercises on horizontal bar/balance beam.

Basic exercises on steel ring and pommel horse.

Program 3 (2 credits): Combating.

Definition. Features differences in Japanese and Chinese combat styles.

Development of personality as an effect of combat sports. Theory of combat sports.

Personal and infrastructural condition of teaching combat sports.



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Contents:

Injury and accident prevention in combat sports.

Warm-up and conditioning exercises in combat sports.

Combat exercises and games.

Wrestling.

Judo.

Teaching falls and rolls.

Ground fight techniques.

Throws, grips, balancing.

System of examining and valuation:

Written exam, based on lectures, accessible electronic sources and lecture materials (50%)

Practical exam in various running, jumping, and start drills (50%)

Bibliography:

1. Carr G: Fundamentals of Track and Field. Human Kinetics, 1991.
2. Counsilman JE, Counsilman BE: The new science of swimming. Prentice Hall, 1994.
3. Mitchel D, Davis B, Lopez R: Teaching fundamental gymnastics skills. Human Kinetics, 2002.

Bibliography:



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