

RECREATION MSc – Final Examination Topics

1. Definition and interpretation of recreation - its place in the system of universal culture and science. Modern interpretation of health, concept and content of health culture.
2. Trends of recreation, the socio-historical background of the development of trends.
3. The concept of quality of life, general aspects of key disciplines dealing with theory and research. Interpretation of the concepts of urbanization and leisure.
4. The concept, significance and role of science in universal culture. Definition and research aspects of the key scientific fields (medical and health sciences, sports sciences, natural and social sciences, etc.) that provide the theoretical basis for recreation.
5. Directions of recreational research; different aspects of quality of life research, scientific approaches, research models.
6. The personality, areas of operation and possibilities of a recreation specialist, the career requirements imposed on him / her. Definition and types of culture, physical culture and sport.
7. The areas of recreation, definition and types of mental and physical recreation. Theoretical of stress and stress relief methods.
8. Identities and differences between the goals of recreational sport and professional sport. Including youth sport. Basic concepts and general rules of performance development. E.g. training load, load/fatigue ration, adaptation, training volume, training intensity, overtrain.
9. The role of recreational sports and sport games in performance development. Interpretation of the concept of fitness and sport training. International tendencies and new trends in the recreational use of sport games.
10. Physiological and psychological background of stress and anxiety, stress theory. Anxiety-relieving methods to increase sports performance. Interpreting racing and starting status. Signs of burnout in youth sports. Methods of burnout prevention. The importance of attention-concentration in sports. Types of attention.
11. The defining characteristics of the specific movements of individual sports (athletics, swimming, gymnastics-calistenics, aerobics, etc.) for recreational purposes. Concept and interpretation of recreational and rehabilitation training.
12. Interpretation, purpose, training system, personal and material conditions of fitness and aquafitness. The concept and content of civilization and civilizational diseases.
13. The role of other recreational activities - based on sports movements - in improving the quality of life, in the development of health, "perfect well-being", and a positive outlook on life. (Presentation of the topic through a free-choice sport, recreational sports activities. Optional: spa swimming, ergonomic gymnastics, horse-riding tourism, water tourism, swimming pool recreation, diving, recreational sports for the disabled, etc.).

14. Basic concepts of tourism: tourism, alternative and mass tourism, tourist, excursionist etc. Main characteristics and attractions of the travel and tourism sector of Hungary.
15. Tourism trends in the world and Hungary. Basic concepts and features of tourism marketing. Correlations and potential linkages of health tourism and sport tourism. Lifestyle, way of life, quality of life – interpretation of concepts.
16. Relationship of humans and nature. Urbanization and its consequences in human health: Psycho-Neuro-Endocrine-Immunological effects
17. Adverse effects of civilization, description and characterization of e.g. diabetes, distress, addictions. Possibilities of prevention and rehabilitation
18. Overweight and obesity in different age groups. Characterization of anorexia nervosa, bulimia nervosa, invers anorexia. Suggestions to diet, weight loss. Professional help for weight loss.
19. Cave therapies. Geographic possibilities, microclimate of caves, the air in caves: compounds, humidity, its regenerating effects. Asthma bronchiale, diseases of the pulmonary system, possibilities in therapies. (Common respiratory diseases, their cures with the means of recreation, climatotherapy from the point of view of pulmotherapy. Speleotherapies/ cave therapies.
20. Description of aerobic capacity, its importance, improvement/increase of aerobic capacity during recreational exercises
21. Description of Metabolic Syndrome, health improvement with the aid of physical activity. Characterization of heart rate, resting heart rate, maximal heart rate in different age groups, during different types of physical activities.
22. Recreation of children (description of posture defects, indicated and contraindicated practices, presentation of adaptive sports opportunities).
23. Animator or recreator? Description of similarities and differences.
24. Main features and areas of leisure time services. Major marketing strategy fields and tools applied at leisure time services.
25. Tools of the marketing mix applicable in the field of tourism and recreation.
26. Significance and sorts of the communication tools applied in the field of tourism and recreation.
27. Definition of the Flow experience and possibilities for implementation through recreational activities.
28. Defining the Group Effect and the possibilities of implementation through recreational activities.

29. Systemic changes due to aging. Loss of locomotor function and their social and economic consequences. Possible prevention and treatment procedures to maintain mobility in old age.