

Apor Vilmos Catholic College – Erasmus+ Course

Course title: Physical Education and Sport

Credit: 2 ECTS

Course description:

We recommend this course for those who inquire about sport, and enjoy it as well, or have any knowledgeable experience with any types of sport.

Objectives:

- Getting familiar with the basics of sportgames (basketball, football, handball), rules and initiative ball games.
- Team-building with sportgames. Motivation, sense of achievement, team spirit, fair play in games and sports. Getting familiar with the methodology of teaching, organizing, and leading games. Grading pupils' work.
- Getting practical knowledge of the theoretical and functional adapted psychical education. Spine exercises, flatfoot exercises, relaxation, stretches and enhancement.
- Theoretical summary of the potentials of daily psychical education. Lesson analysing and disputation.

Activities: ice-skating, floorball, aerobic, swimming, water games, badminton, volleyball, fitness, Dragon boat riding