

## Swimming (2 ECTS)

### Oktatás célja

#### Aim of the subject

The course is designed for swimming rules theoretical and practical knowledge. The sport movement to learn the technical material in practice.

#### Acquired competencies

##### Knowledge:

- familiar with the concept of different sexes swimming
- aware of the intended use of the swimming pool
- know and abide by the hygiene rules

##### Attitude:

- open to learn and gain experience toward
- seek to work with the instructor in order to learn the correct techniques in sport
- attest sensitive behavior towards his fellow man, interior needs a willingness to help

##### Abilities:

- Ability addition to theoretical knowledge, practical training in swimming gender
- has sufficient knowledge to know that knowledge of the practice followed errors
- has sufficient knowledge to assess their own competencies
- keep in mind the general provisions and the ability to self-knowledge acquisition

### Tantárgy tartalma

#### Major topics

1. Rules: swimming rakes, accident prevention. Water familiarization exercises.
2. In the freestyle technique because no air is fed, hand-foot coordination reception. Coordination exercises.
3. Technical architecture freestyle leg and arm work breathing technique.
4. The exercise of breath and even-odd number of arms tempo
5. Swimming, technical brochure, rules. Backstroke leg practice tempo.
6. Backstroke arm work and develop good breathing.
7. Backstroke arm and leg coordination of the work, coordination exercises
8. Rules breaststroke technique.
9. Breaststroke leg technique of education, exercising.
10. Breaststroke arm technique for learning.
11. Breaststroke arm and leg work of synchronization and switching on the breath.

#### Planned teaching methods

- lecture
- To practice presentation
- learned from the application in practice

### Számonkérési és értékelési rendszere

#### Requirements and evaluation

Active participation in class.

Practical presentations swimming during the semester.

method of assessment: *practical mark*

The evaluation criteria:

Based on the performance level of the requirements of the evaluation.

## Irodalom

### **Compulsory literature**

classroom notes

### **Recommended literature**

Kiricsi János (2002) Úszásoktatás kisiskolások számára. Semmelweis Egyetem Testnevelési és Sporttudományi Kar, Budapest

Walter Bucher (2002) 1001 úszás játék és –gyakorlat. Nordex Kft. - Dialóg Campus