



10. 02. 2023, Budapest

Information about the Requirements of Physical Education Course

The recreational and competing opportunities for students and lecturers are coordinated by the Physical Education and Sport Institution.

Information regarding the course of physical education:

- it is a **2 semester** course
- the requirements are unified at the establishments
- the course/sport can be chosen by the student, it is compulsory to attend **10 sessions** (such as competitions on different levels, attending sport sessions at any of the sport clubs of the university)
- The sportswear can be chosen by the student
- The schedule of the classes are the following: warm up together, and then practising the sport/activity of the given course
- The following students can get a release from attending the activities: regularly training/competitor students, or those students who own a specialts doctor's recommendation due to disease. The application for release and the attached documents have to be sent to the teacher of the course, latest by the third week of the study period.

Opportunities within the institution

KANDÓ SC

Applications to be submitted at the p.e. teachers! You can find details and contacts at the following website: <https://uni-obuda.hu/tsi-hirek/> or our facebook site <https://www.facebook.com/obudaiegyetemtestneveles>.

Competitions

- Within the institution: Obuda University Cup, between the faculties. Sports: volleyball, kempo, basketball (men, women), handball, table tennis, football, tennis, conditioning
- Between institutions: BEFS- Budapest Universitas Competitions, Engineering Higher Education Institutions' Sports Day, MEFS-nationwide competitions between higher education institutions
- National Championship
- On Mass sport events (Marathons, half-marathons, UltraBalaton, etc.)

Sincerely,

Ákos Hiervarter
PE and Sport Institute
director