



Syllabus

Term: 2025/26/2

Subject name: Calisthenics II.

Subject code: ENAEDZN0102

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: Dr. KARSAI István

Requirement: Term mark

Classes per week : 0/2/0

Classes per term: 0/26/0

Purpose of education:

The aim of the course is to train sport professionals who are able to apply the methodological and practical system of calisthenics at a high level when leading safe, effective and goal-oriented movement programs for different age groups. Students gain theoretical and practical knowledge of various types of warm-ups and their methodological foundations, exercise-leading techniques, the role of organizational and disciplinary drills in training sessions, as well as the basics of movement analysis with a focus on identifying physiological effects.

Throughout the course, students develop the ability to analyse movement tasks, recognise and evaluate the physiological impact of exercises, and select or design activities that meet the principles of prevention, individualisation and differentiated load. They learn to demonstrate and instruct exercises clearly and safely, correct faulty movement patterns, and structure warm-up and main-part exercise sequences consciously and professionally.

The course aims to ensure that students:

- confidently apply fundamental calisthenics forms and natural movement patterns,
- demonstrate and instruct exercises with clarity, precision and safety,
- identify and correct improper movement execution,
- understand the pedagogical and organisational role of disciplinary drills,
- apply theoretical knowledge effectively in practical teaching situations,
- and develop the professional attitudes required for successful educational and developmental work



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within the field.

Contents:

1. **Week 1**

Safety instruction, course requirements. Teaching the prescribed handheld-equipment exercise sequence (dumbbells). (PR)

Week 2

Teaching and practicing the prescribed handheld-equipment exercise sequence (dumbbells). (PR)

Week 3

Definition and types of warm-up; physiology of warm-up. (L) Block-structured warm-up practice. (PR)

Week 4

Structure and duration of warm-up. The role of strengthening and stretching exercises within the warm-up. (L) Warm-up with recurring exercises. (PR)

Week 5

Teaching and leading methods of calisthenics exercises. The purpose, significance, movement material and forms of organizational drills in pre-school age, school age, athletic training and recreational activities. Commands and instructions used in organizational drills. (L)

Week 6

Warm-up demonstration I. (PR) Principles and aims of structural analysis of calisthenics free exercises. Types of force production in various balance positions and basic forms; identifying local strengthening,



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stretching and relaxation effects on the involved muscle groups. (L) Movement analysis. (PR)

Week 7

Warm-up demonstration II. (PR) Effects of simple and complex exercises on muscle groups. Methods of modifying the physiological impact of basic forms and exercises; principles of variation and combination; relationship with training volume and intensity. (L) Movement analysis. (PR)

Week 8

Warm-up demonstration III. (PR) Movement analysis. (PR)

Week 9

Warm-up demonstration IV. (PR) Movement analysis. (PR)

Week 10

Warm-up demonstration V. (PR) Movement analysis. (PR)

Week 11

Warm-up demonstration VI. (PR) Movement analysis. (PR)

Week 12

Warm-up demonstration VII. (PR) Movement analysis. (PR)

Week 13

Mid-term written test + Demonstration VIII. (Prescribed and freely chosen handheld-equipment exercise sequence, and strength requirements). (L-PR)



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System of examining and valuation:

- **Final assessment: Practical grade**

Requirements for completing the course

- Successful demonstration of the prescribed free-exercise sequence performed to music.
- Successful demonstration of a self-designed handheld-equipment exercise sequence (either general, multi-purpose developmental or sport-specific), performed to music.
- Planning and leading a warm-up session based on the given methodological criteria.
- Successful completion of the two strength requirements specified by the department.
- Successful submission of the independent home assignment (free-exercise sequence with written notation).
- Successful completion of the end-of-semester written test.

The **average** of these three components determines the final grade. If **any** component receives a **fail (1)**, the **final grade is also fail (1)**.

Weighting of assessment components

The following components contribute **equally** to the final practical grade:

Performance in the practical requirements (prescribed exercise sequence, self-designed sequence, strength requirements)

Result of the end-of-semester written test



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System of examining and valuation:

Independent home assignment (planning + written notation)

Opportunities for retake during the exam period

If a practical requirement is not successfully completed, students have **two additional opportunities** to demonstrate it during the first two weeks of the exam period.

If the written test is unsuccessful, **one retake** is available during the first two weeks of the exam period.

The exact dates are announced by the instructor in the final week of the teaching period.

Opportunities for completion during the semester

During the teaching period, students may attempt each practical requirement **once**, and the written test may also be taken **once**.

The home assignment is graded on a **pass/fail** basis and may be revised **once** if unsuccessful.

Grading of the written test (based on percentage of total points):

0–50%: fail (1)

51–60%: pass (2)

61–74%: satisfactory (3)

75–84%: good (4)

85–100%: excellent (5)

Bibliography:

Dr. Imre Makszin, Krisztina Nemerkenyi-Hidegkuti (2003): Physical Education Teacher's Manual Volume



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Bibliography:

1. Plantin-Print Bt., Budapest.

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