



Syllabus

Term: 2025/26/2 **Subject name:** Prevention, Physical Therapy, Rehabilitation **Subject code:** ENAEDZN1601

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: Dóra Ureczky

Requirement: Term mark

Classes per week : 2/2/0

Classes per term:

Purpose of education:

1. Subject name: Prevention, Physiotherapy, Rehabilitation

2. Course Title: Prevention, Physical Therapy, Rehabilitation

3. Code: 4. Type (lecture, exercise, etc.):

Type.

5. number of hours per week: 2 6. credit value: 4

Course enrolment requirement (max. 3 prior courses):

8. frequency of teaching: 0 in autumn semester, 1 in spring semester, 0 in both semesters

9. maximum number of students, if relevant:

10. lecturers responsible for the subject (faculty, institute and department):

(Faculty of Natural Sciences, Institute of Sport and Physical Education, Department of Recreation and Recreation)

11.

Leila Bogdán 50%

12. Language of instruction: Hungarian

13. subject objective and/or learning outcomes:

1. the students will be familiar with the theoretical and practical material of physiotherapy, with its specific tools, especially the training aspects of disease prevention and health restoration.

2. acquire an understanding of prevention and rehabilitation. Be able to use adaptive exercises in their work, avoiding the use of contra-indicated exercises.

3. be able to use the exercise material of physiotherapy in a way that promotes rehabilitation and health promotion.

4. Have an adaptive approach.

14:

1. Conceptual understanding of prevention, its place and role in everyday life. B. Leila

2.

Translated with DeepL.com (free version)

Contents:

1. students are familiar with the theoretical and practical material of physiotherapy, with its specific tools,



Syllabus

Term: 2025/26/2

Subject name: Prevention, Physical Therapy, Rehabilitation

Subject code: ENAEDZN1601

Contents:

especially the training aspects of disease prevention and health restoration.

2. acquire an understanding of prevention and rehabilitation. Be able to use adaptive exercises in their work, avoiding the use of contra-indicated exercises.

3. be able to use the exercise material of physiotherapy in a way that promotes rehabilitation and health promotion.

4. Have an adaptive approach.

14:

1. Conceptual understanding of prevention, its place and role in everyday life. B. Leila

2. the concept of correct posture, its adjustment, theoretical and practical basics. The development of biomechanically correct posture. Correct posture, lifting, sitting. G. Zsuzsi

3. possibilities for early development (Soldier, Pető, Dévény, HRG TSMT methods).

4.

5. most common musculoskeletal disorders II (limbs) B. Leila

6. final examination I. (30min). Counter-measure of muscle strength and muscle extensibility required for biomechanically correct posture. G. Zsuzsi

7. importance of correct breathing, relaxation techniques Relaxation techniques, autogenic training, yoga. G. Zsuzsi

8. Role of stretching in sport. G. Zsuzsi

9. contraindicated exercises, strength and stretching tests B. Leila

10. Balance exercises, playful exercises G. Zsuzsi

11. joint protection, mobilisation exercises. Back muscle strengthening, stretching. Muscle tightening, spine protection. B. Leila

12. Water as a special medium. Function and purpose of therapeutic swimming. Conditions, organisation and conduct of therapeutic swimming sessions. Possible applications of swimming techniques and exercises for different diseases. Bogdan- Machine

13. Exercises with measurement in pairs. Bogdán-Gép

System of examining and valuation:

Formulation of the ZH merit mark: (Merit mark in proportion to the total score obtained):



Syllabus

Term: 2025/26/2 **Subject name:** Prevention, Physical Therapy, Rehabilitation **Subject code:** ENAEDZN1601

System of examining and valuation:

0-60% unsatisfactory
61-70% satisfactory
71-80% moderate
81-90% good
91-100% excellent

The ZH result (ZH I-II), the paper to be handed in and the marks for the Practical work are taken into account in equal parts in the grade of the final examination.

The final grade will be calculated as the mathematical average of the final grade.

Attendance is compulsory for 70% of the classes (each time the student signs a certificate of attendance). Individual students min. 30% attendance is compulsory.

Bibliography:

- [1] Gárdos Magda - Mónus András. M.M. Magodos, M.A. Maldives, Textbook Publisher, Bp. 1992
- [2] Oettinger, Barbara - Oettinger, Thomas. Dialóg Campus Kiadó, 2011
<http://tamop412a.ttk.pte.hu/TSI/Barbara%20-%20Thomas%20-%20Oettinger%20-%20Funkcionalis%20gimnasztika/funkcionalis.html>
- [3] Dr. Somhegyi A., Gardi Zs., Dr. Feszthammer A.-né, Dr. Darabosné TI, Tóthné SV: Postural Correction. Hungarian Spine Society, Bp. 1999.
- [4] Zsuzsa Gardi: Theory and practice of basic physiotherapy. Jegyzet, Bp. 2003
- [5] Lászlóné Gál. Note, Bp. 2001

Bibliography:

- [1] József Mezei: Collection of exercises for general posture improvement. Flaccus Publishing House, Bp. 2008.
- [2] Donáthné Forgács Boglárka. Bp. 2004
- [3] Hilde Sabine Reichel - Regina Groza-Nolte. Medicina Könyvkiadó Rt, Bp. 2001