**2 YEAR TRAINING PLAN FROM THE 1ST SEMESTER OF THE 2024/25 ACADEMIC YEAR – under uploading**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Subjects** | **Course lecturer** | **Contact hours** | **Credit** | **2024/25/1.** | **2024/25/2.** | **2025/26/1.** | **2025/26/2.** |
| **Compulsory courses** |
| Literature searching, efficient publishing strategy | Dr. Lívia Vasas  | 45 | 3 |  | x |  | x |
| How to write a publication? | Dr. Zsolt Radák  | 15 | 1 |  | x |  | x |
| **Training and Adaptation (program no. 1)****Physical Training, Regulation, Metabolism (program no. 2)** |
| Sport Physiology I-II. | Dr. Gábor Pavlik | 16 | 1-1 | I. | II. |  |  |
| Biometria/Biometrics | Dr. Bence Kopper | 24 | 2 |  | x |  | x |
| Research methods | Dr. Bence Kopper  | 26 | 2 | x |  | x |  |
| **Sport and Social Sciences (program no. 3)** |
| Sport in Contemporary Society I-II. | Dr. Tamás Dóczi | 30 | 2 |  |  | I. | II. |
| Research Methods in Social Sciences | Dr. Tamás Berki | 30 | 2 | x |  | x |  |
| **Pedagogycal Sciences and Sportpedagogy (program no. 4)** |
| Research Methods in Social Sciences | Dr. Tamás Berki | 30 | 2 | x |  | x |  |
| Research methods in pedagogycal sciences | Dr. István Soós és Dr. István Karsai | 30 | 2 | x |  | x |  |
| **Optional courses** |
| Molecular Exercise Science | Dr. Zsolt Radák | 16 | 1 | x |  | x |  |
| Free radicals, exercise physiology and pathology of aging | Dr. Zsolt Radák | 15 | 1 | x |  | x |  |
| Molecular Methods  | Dr. Zsolt Radák | 45 | 3 |  | x |  | x |
| Recovery, regeneration and adaptation­­­­\* | Dr. Nicos C. Apostolopoulos | 36 | 2,5 | x |  | x |  |
| SPSS – English | Dr. Johanna Takács | 28 | 2 | x |  | x |  |
| The scientific approach of the sport management | Dr. Gábor Géczi | 30 | 2 | x |  |  |  |
| Managing challanges of the Olympic Movement\* | Dr. Nikoletta Sipos-Onyestyák  | 26 | 2 | x |  | x |  |
| Theoretical and Methodological Fundamentals of PE Curricula | Dr. Pál Hamar Pál és Dr. István Soós | 26 | 2 | x |  | x |  |
| Physical activity, sedentary behaviour, quality of life from pedagogical-psychological perspective | Dr. István Soós | 26 | 2 |  | x |  | x |

 \*: course accreditation is in progress