



## Syllabus

**Term:** 2025/26/1

**Subject name:** Calisthenics I.

**Subject code:** ENAEDZN0101

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**Unit (Unit code)** (TESTNEV)

**Lecturer responsible for the course:** Dr. KARSAI István

**Requirement:** Term mark

**Classes per week :**

**Classes per term:**

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### Purpose of education:

Training of sports professionals (coaches, trainers) who:

- with the help of their practical and scientific knowledge are able to transfer values of physical culture embedded in callisthenics in a high level, for all age groups through preventive, individualized and differentiated programmes by using the framework of callisthenics,
- are prepared for professional advising, necessary to improve life quality; to elaborate and conduct various skill development motoric programmes; are able to broaden the desired range of health status and to enhance fitness.
- with the help of their goal driven psychomotoric and movement skills, are able to apply their practical knowledge and high level teaching of movement skills (free exercises, natural exercises and).
- through their theoretical and practical preparedness, are able to improve their knowledge related to callisthenics in a creative way and publish their experiences and results
- by possessing scientific knowledge, skills and attitudes, are capable to fulfill educational and developmental tasks in the subfield.

### Contents:

#### 1<sup>st</sup> Week:

- Accident prevention training, discussion of course requirements
- teaching of the compulsory free chainexercise .

#### 2<sup>nd</sup> week

- teaching and practicing of the compulsory chainexercise.

#### 3<sup>rd</sup> week

- subject, history, fields of application and means and ends of callisthenics.
- The content and structure of gymnastics exercises. The aim and considerations of structural analysis



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of exercises. A system of physical effort modes in different balance positions and basic forms, defining the local stretching, relaxant and strengthening effects of affected muscle groups.

- The system of movements and exercises of callistenics (free exercises, wall bars-, bench-, hand apparatus exercises, individual and partner exercises, etc.)

#### 4<sup>th</sup> week

- terminology of callistenics, static and dynamic elements.

#### 5<sup>th</sup> week

- terminology of callistenics, static and dynamic elements.

#### 6<sup>th</sup> week

- Description and stick-drawing of free exercises.

#### 7<sup>th</sup> week

- Description and stick-drawing of free exercises.

#### 8<sup>th</sup> week

- Effects of simple and combined exercises on muscle groups. Modes of changes in effects of the basic forms and exercises on the human body, considerations of variations and combinations and their correlation with the size and intensity of load.

#### 9<sup>th</sup> week

- presentation I. (compulsory free exercise and power requirements)

#### 10<sup>th</sup> week

- natural and free exercises without apparatuses

#### 11<sup>th</sup> week

- final test (written exam)
- natural and free exercises with apparatuses



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#### 12<sup>th</sup> week

- presentation II. (compulsory free exercise and power requirements)
- Military formal and marching exercises

#### 13<sup>th</sup> week

- evaluation of the semester
- last time for passing missed presentations and test (presentation III.)

### System of examining and valuation:

**type of final grade:** practical grade

### *requirements of completion:*

- Successful presentation of the **compulsory free chainexercise** with music,
- Successful presentation of a self build 8x8 counts free chainexercise with music
- Successful performance of **two strength exercises** defined by the sub-department
- Successful accomplishment of **two individual homework** (stick-drawing, description of the self build exercise routine) defined by the sub-department
- Successful **final test**. The grade is related to the achieved points as follows:

**0–50% inadequate (1)**

**51–61% satisfactory (2)**

**62–72% medium (3)**

**73–84% good (4)**



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**System of examining and valuation:**

**85–100% outstanding (5)**

- *in case of a failed test the student is **obliged to pass an written exam test one time.***

### **Comments:**

During the term-time the student can present the practical requirements three times.

The average of the results of the practical requirements and the results of the final test and the homeworks **account equally of the final grade.**

**Women: 1<sup>st</sup> Strength exercise:** (climbing a 5 meter high rope for time. Starting position: standing with arms high touching the rope).

**time (s). grade**

5, 2-ťl = 5, 0

5, 3-5, 5 s = 4, 5

5, 6-5, 8 s = 4, 0

5, 9-6, 1 s = 3, 5



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### System of examing and valuation:

6, 2-6, 4 s = 3, 0

6, 5-6, 7 s = 2, 5

6, 8-7, 3 s = 2, 0

**Women: 2<sup>nd</sup> Strength exercise:** (Leg and hip lifting while back hang on wall bars, touching the "bars held" with feet)

**reps. grade.**

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10 x = 5, 0

9 x = 4, 5

8 x = 4, 0

7 x = 3, 5

6 x = 3, 0

5 x = 2, 5

4 x = 2, 0

**Men: 1<sup>st</sup> Strength exercise:** (Hand-climb a 5 meter high rope for time. Starting position: straddle-sit or long-sit)



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**System of examing and valuation:**

with arms high touching the rope).

**time (s). grade**

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5, 4-tól = 5, 0

5, 5-5, 7 s = 4, 5

5, 8-6, 0 s = 4, 0

6, 1-6, 3 s = 3, 5

6, 4-6, 6 s = 3, 0

6, 7-6, 9 s = 2, 5

7, 0-7, 2 s = 2, 0

**Men: 2<sup>nd</sup> Strength exercise:** (Leg and hip lifting while back hang on wall bars, touching the "bars held" with feet)

**reps. grade.**

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14 x = 5, 0



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### System of examining and valuation:

13 x = 4, 5

12 x = 4, 0

11 x = 3, 5

10 x = 3, 0

9 x = 2, 5

8 x = 2, 0

### Bibliography:

electronic curriculum

### Bibliography: