

Teacher's name	Name of the course	Number of students
Dr.Melczer Csaba	Circuit training	min. 5, max.10
Keczeli Viola	Dance aerobic	min. 5, max. 15
Dr.Filó Csilla	Street work out I. (for girls)	min. 5, max. 20
Dr. Filó Csilla	Street work out II. (for boys)	min. 5, max. 20
Dr. Filó Csilla	Nature hiking	min. 5, max. 20
Dr. Filó Csilla	Sports games	min. 14, max. 18
Dr. Prémusz Viktória	Yoga (angol)	min. 5, max. 20
Derkács Evelin	Football	min. 6, max. 12
Varga András	Korfbal/ultimate frisbee	min. 10, max. 30
Dr.Cselik Bence	Running	min. 5, max. 20
Dr. Cselik Bence	Basketball	min. 5, max. 20
Patkó Norbert	Darts	min. 5, max. 30
Dr.Laczkó Tamás	Trekking	min. 5, max. 30
Horváth Barbara	Spinal exercises	min. 5, max. 12
Nagy Dóra	Athletics	min. 5, max. 50
Nagy Dóra	Running	min. 5, max. 50
Nagy Dóra	Spartan training	min. 5, max. 50
Kovácsné Dr. Bobály Viktória	Pilates	min. 5, max. 10

Time of the course for full-time students
2-15th weeks, Fridays (except the 9th week) 8:30-10:00
3-15th weeks Wednesdays (except the 9th week) 16:30-18:00
Information session: 08. September, Friday 9:00-10:00 at POTE Sports Hall, Jakabhegyi Street 6., Time of lessons: 3-15th weeks 13:30-15:00 Tüskésrét Leisure Park
Information session: 08. September, Friday 9:00-10:00 at POTE Sports Hall, Jakabhegyi Street 6., Time of lessons: 3-15th weeks 15:00-16:30 Tüskésrét Leisure Park
Information session: 08. September, Friday 9:00-10:00 at POTE Sports Hall, Jakabhegyi Street 6., Dates of hiking: discussed with the teacher
2-15th weeks Fridays (except the 9th week) 7:30-9:00
2-15th weeks Tuesdays (except the 9th week) 17:00-18:30
2-15th weeks Fridays (except the 9th week) 8:00-9:30
2-15th weeks Fridays (except the 9th week) 8:00-9:30
Information session: 08. September, Friday, 8:00-9:00 at POTE Sports Hall, Jakabhegyi Street 6., Time of lessons: discussed with the teacher
2-15th weeks Fridays (except the 9th week) 8:30-10:00
2-15th weeks Fridays (except the 9th week) 8:00-9:30
Information session: 08. September, Friday at 8:00 in Room A216, Dates of trekking: discussed with the teacher
2-15th weeks Fridays (except the 9th week) 8:00-9:30
2-15th weeks Fridays (except the 9th week) 7:30-9:00
2-15th weeks Fridays (except the 9th week) 8:30-10:00
Information session: 08. September, Friday at 9:30 at Várkői Stadium, (Verseny Street 1.) Time of lessons: discussed with the teacher
2-15th weeks Fridays (except the 9th week) 8:00-9:30

City	Location
Pécs	PEAC Wrestling hall - Stadion Street 2.
Pécs	Room C1- Mária Street 5-7.
Pécs	Tüskésrét Leisure Park
Pécs	Tüskésrét Leisure Park
Pécs	location discussed with the teacher
Pécs	PTE ÁOK Sports Hall- Jakabhegyi Street 6.
Pécs	Room C1- Mária Street 5-7.
Pécs	PEAC-Artificial grass pitch, Stadion Street 2.
Pécs	PTE ÁOK outdoor court, Jakabhegyi Street 6.
Pécs	Tüskésrét Leisure Park
Pécs	PTE ÁOK Sports Hall- Jakabhegyi Street 6.
Pécs	Szalay László Dormitory, Universitas Street 2.
Pécs	location discussed with the teacher
Pécs	Room D1- Vörösmarty Street 3.
Pécs	Várkői Stadium, Verseny Street 1.
Pécs	Várkői Stadium, Verseny Street 1.
Pécs	location discussed with the teacher
Pécs	Room C5- Mária Street 5-7.

Description of the course

A full-body, bodyweight and equipment workout. At each station you can do a different exercise or series of e:
A choreographed class based on basic aerobic steps and elements of other, mainly Latin dance styles (such as salsa, the cha-cha-cha and samba). A great and fun way to exercise and de-stress. It is recommended for

Providing physical exercises for girls during the semester using outdoor conditioning equipment in the leisure |

Providing physical exercises for boys during the semester using outdoor conditioning equipment in the leisure

Completing 4 hikes along the Mecsek hiking trails during the semester: 1, Zoo, Dömörkapu, Flora rest, Tettye, Handball, football, volleyball on request

The aim of the course is to familiarise students with the basic tactical and technical elements of football, the rules of football and the ability to demonstrate simple technical elements. The course will introduce them to

The aim of the course is to introduce the student to the history, gameplay and rules of ultimate frisbee. During the semester, the students will learn the sport-specific throws (palm, backhand, hammer) and catches

Darts is a game and sport of English origin, during which small darts are thrown at sectors of different point values of a circular target board. The goal of the game is to win the number of legs specified in the

xercises to prepare your body for the stresses of everyday life. Exercises are performed in a way that



: is gentle on the joints.