

Recreational & Sports Centre

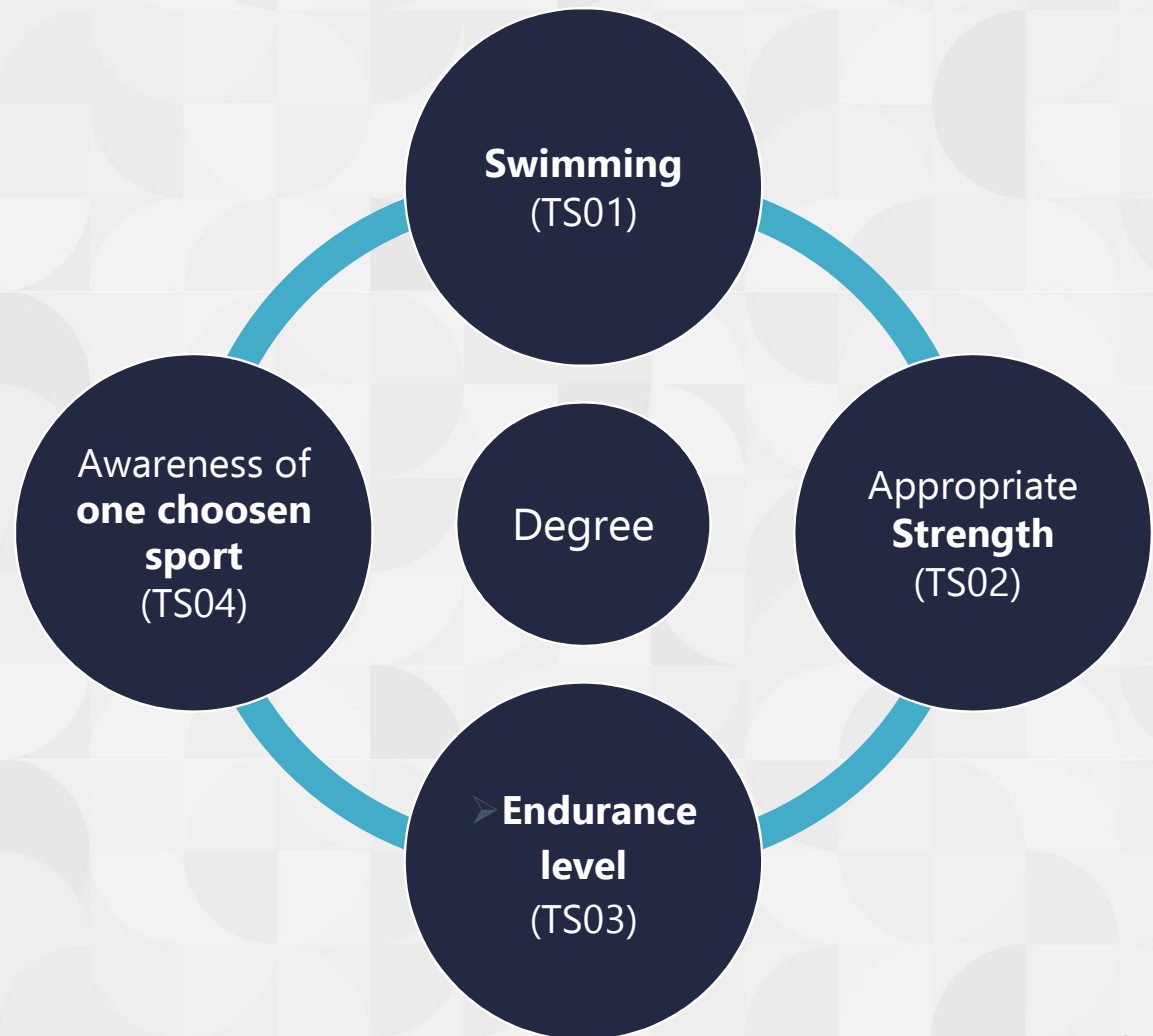
SZÉCHENYI ISTVÁN UNIVERSITY



**SZÉCHENYI
EGYETEM**
UNIVERSITY OF GYŐR

2023/2024

**At
Széchenyi
University to
gain a
degree you
must obtain:**



Responsible Organisational Unit:
Recreational and Sports Centre: **"RSK"**
Formerly called: **"TSK"**

Perspectives & aims:

Gain credit signatures for 4 terms

Development of abilities, keeping up your condition level

Choose a sport of your own

Locations:

- University Sports Hall, gym;
- Training Hall, gym, climbing wall;
- Aqua Sports Center & Magyar Vilmos Swimming pools;
- Boat house, kayak – canoe.



Swimming TS 01



TS01 can be completed by

Collection of swimming 8000 m in a term

Swim 1000 m under 30
min (Female) / 28 min (Male)

Beginners at the end of course
completion

Beginners at the end of course
completion of 200 m
(continuous swimming)

Location: Aqua and M.V. swimming pools



Strength TS 02

TS02 can be obtained

Successful Strength-test presentation

(push ups, sit ups, back extension on floor or on roman chair)

Registered preparatory class attendance 10 times per term

(gym, aerobics, TRX, kayak-kanoë, martial arts, Cross Fit, wall climbing)

Locations: University Gyms, Sports Halls, Off-campus sports facility, Boat house.

Aerobic Endurance TS 03



TS03 can be obtained

**Run 30 km in a
term**

(during registered
lessons, within one
chosen term)

**Registered
preparatory class
attendance 10 times
per term** (running,
aerobics, TRX, kayak-
kanoë, martial arts,
Cross Fit)

**"Püspök-forest"
Running race**

(SZE-Days, within
given time limit)

**Spiro-ergometric
lab examination**



Sport knowledge TS 04

TS04 can be obtained

- **Leisure sport events** (organised by Sport Office): University Days (SZEN), Faculty Days, International University Sports Day
- **Registered preparatory class attendance 10 times per term** (Running, gym, wall climbing, ball games, aerobics, extrem-sports, martial arts, water sports, yoga and dance etc.)

Extracurricular Use Sports of Facilities

- Active Student Card (Hallgatói kártya)
- Active membership by paying 5000 HUF per term at
Ms. Gréta Borda
sports organizer
borda.greta@gmail.com
Student's Sport office (University Sports Hall. 1st floor)

Dragon boat recruitment

- 10-10 students per training. Total: 40 people
- Training dates: until 30 October 2023
- Goal: H. University Championship
- Mondays & Thursdays: GYVSE '17:30-18:30
Tuesdays: GYM, University Training hall
20:00-21:00
- 1 Nov 2023 to 2024 March Tues & Thurs:
GYM, University Training hall: 20:00-21:00





SZÉCHENYI EGYETEM

UNIVERSITY OF GYŐR —

<https://tsk.sze.hu>

Timetable:

[https://tsk.sze.hu/images/Orarend/2022_23_2/SZE_P
E_Timetable_2022_23_2.pdf](https://tsk.sze.hu/images/Orarend/2022_23_2/SZE_P
E_Timetable_2022_23_2.pdf)

**Thank you for your
attention!**

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