

**SSZB13-166 Aquafit and water games**  
**Borkovics Margit**

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*Borkovits Margit ELTE PPK, Egészségfejlesztési és Sporttudományi Intézet*  
*margitborkovits@yahoo.com*

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**Educational purpose of the subject:**

The purpose of the course is to expand the knowledge gained at swimming classes in a general and also a specific way. Partly in the field of water games and competitions suitable for different ages and partly related to group classes and sessions exploiting exercises which are only suitable for being performed in water. Further aim is to make sure they understand the basic methods of water rescue, as well as individual responsibility. The students should apply the health oriented impulses of water.

**Studying results and competencies:**

**Knowledge:**

**Students:**

- understand the basic water rescue methods
- understand the basic reanimation technique
- are capable to design water games with their mates, and also to train the participants to play the games while respecting the rules
- understand the preventive and corrective role of water training sessions
- understand the role of water training sessions in games and animations
- find out about the fitness conscious swimming programmes.
- understand the safety rules and aspects of swimming pool and open water training sessions, as well as need for first aid.

**Attitude:**

**Students:**

- are open to understanding and experiencing new things
- behave in a sensitive way towards others, have an internal need to help
- are eager to find out more about methods of playful understanding and maintain the internal need for being playful
- have an empathic way of thinking which is based on mechanical and professional knowledge
- personal guide, readiness to help

**Capability:**

- Students are able to acquire the basic rescue techniques beside having the theoretical knowledge
- have the necessary knowledge to assess their own competencies
- respect the general principles and are able to gain knowledge on their own
- become able to design and organise special water training sessions and other exercise based programmes in a target group oriented way
- having their knowledge will become capable of judging the efficiency of the programmes compiled by them
- can create water games specific to age.

**Content of the course**

**Main units of content**

**Water recreation:**

- Games in pool and open water.
- Games in water of different depths.
- Safety rules of water games and other water programmes.
- Medical and health-wise rules of water games and other water programmes.
- Water games organised without equipment.
- Water games requiring little equipment.
- Equipment requiring water games.
- After a sample game a discussion of types of games, team or individual games, with or without equipment, according to age specification.
- Fitness swimming programmes
- Designing and managing water training sessions capable of preventing and correcting bad body posture
- Designing and managing water gymnastics with or without music
- Water relaxation knowledge
- Understanding different movement forms in water: : aquastep, hydrobic, acqua cross, acquagym, water running, acqua tai chi, water ball games, etc.
- Cognition of different movement forms in open water: acquabalance, surfing, waterski, etc.

**Water rescue:**

What possibilities do I have to rescue the person in trouble in water

Learning the rescue jump

Rules of approaching

Rescue hands, towing possibilities

Escape methods

**Planned learning activities, teaching methods:**

- lectures
- presentation outdoors
- applying the acquired knowledge in practice

**Requirements and the methods and aspects of evaluation:**

Active participation in the classes (absenteeism in compliance with the HKR).

Performing the required exercised at a proper level.

Way of evaluation: term mark

Aspects of evaluation:

- standard and quality of performing the rescue exercise
- standard of game designing and managing
- work during the classes

**Literature****Compulsory literature:**

Bánhegyi Gábor (1991): Csecsemők találkozása a vízzel. Presztízis Kiadó, Bp.

Bíró Melinda (2006): Az oktatási segédeszközök sokrétű alkalmazása az úszástanításnál. EKFT, Eger

Bíró Melinda (2011): Uszodai sportok. Dialóg Campus Kiadó  
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