

Title of the course: JUGGLING FOR THE EFFECTIVE LEARNING		NEPTUN-code: RMVZS1EBNF	Weekly teaching hours: 0+2+0	Credit: 2 Exam type: practical
Course leader: Piroska Prokai, László Bendegúz Pál		Position: masterteacher	Required preliminary knowledge: English language exam	
Curriculum:				
Theoretical and practical understanding of the role of juggling in increasing neurological harmony and learning efficiency.				
Curriculum Description:				
<i>Topics of lectures and practices:</i>				
Week of Semester	Topic			
1.	semester requirements and curriculum description 5 Step Juggling Exercise (Craig Quat 5 Step Methodology)			
2.	juggling tricks with 1-2 balls body throw techniques introduction to group games during the semester (icebraker, cooperative, board games)			
3.	multiplex juggling throws			
4.	3 ball cascade			
5.	3 ball trick variations, MIDTERM TEST on moodle interface			
6.	flowerstick introduction			
7.	spinning plate introduction			
8.	diabolo introduction			
9.	diabolo trick variations, passing between each other			
10.	poi introduction, MIDTERM TEST on prop knowledge			
11.	choosing juggling prop for the final practical exam			
12.	circus history analysis of performances gahering inspiration for the examination task			
13.	theatrical exercise choreographed sketches clowning basics			
14.	PRACTICAL EXAM			

Mid-semester requirements:
Attendance:
The semester grade is awarded on the condition of attending the classes (max 3 absences) and passing the exam with at least a satisfactory (40%) level. Attendance of practical classes is compulsory!
Test papers, measurement records, reports, etc. (number, date)
The exam mark is composed of the result of the 2 mid-term exams during the semester and the mark of the exam presentation.
Methods of qualification:
Theoretical and practical understanding of the role of juggling in increasing neurological harmony and learning efficiency.
Professional competencies:
Literature:
Prokai, P., Pál, B. L.: <i>Juggling for effective learning – methods to encourage the acquisition of new skills in an optional course at Óbuda University</i>, Különleges Bánásmód magazine Year 2024, in issue 2 of year 10. https://ojs.lib.unideb.hu/kulonlegesbanasmod/search?authors=P%C3%A1l%20L%C3%A1szl%C3%B3%20Bendeg%C3%BAz%20 - Juggling Enhances Connections In The Brain, Oxford University, https://www.sciencedaily.com/releases/2009/10/091016114055.htm - Toshihiro Nakahara, Kazuhiko Nakahara, Miho Uehara, Ken-ichiro Koyama, Kouha Li, Toshiro Harada, Daisuke Yasuhara, Hikaru Taguchi, Sinya Kojima, Ken-ichiro Sagiyama & Akio Inui: <i>Effect of juggling therapy on anxiety disorders in female patients</i>, https://bpsmedicine.biomedcentral.com/articles/10.1186/1751-0759-1-10 John Guenther: <i>Learning social circus: jumping through hoops to achieve success</i>, Flinders University School of Education, http://www.covaluator.net/docs/S3.5_Learning_social_circus.pdf - Gyarmathy, É., <i>Az agy hatékonysága a tanulás hatékonysága Diszlexia a digitális korszakban</i>. Műszaki Könyvkiadó, Budapest, 2012 Prokai, Pirooska & Pál, László Bendegúz Juggling for Effective Learning' - Methods to Encourage the Acquisition of New Skills in an Optional Course at Óbuda University 91 -101. o. Debreceni Egyetem KÜLÖNLEGES BÁNÁSMÓD, X. ÉVF. 2024/2. KÜLÖNLEGES BÁNÁSMÓD INTERDISZCIPLINÁRIS (OPEN ACCESS – NYÍLT HOZZÁFÉRÉSŰ) SZAKMAI LAP ISSN 2498-5368 Web: https://ojs.lib.unideb.hu/kulonlegesbanasmodX.év.,2024/2.szám DOI 10.18458/KB.2024.2.1 Prokai Pirooska; Pál-László Bendegúz: ÓE RKK Projektkonferencia 2023; Projektkonferencia Hazai-és Külföldi Modellek a Projektoktatásban – Nemzetközi Tudományos Konferencia – Az Óbudai Egyetem szabadon választható kurzusa – Zsonglőrködés, mint tanulást ösztönző módszer konferencia cikk. 145-163. oldal oldal ISBN 978-963-449-318-1 Prokai Pirooska; Pál-László Bendegúz: ÓE RKK Projektkonferencia 2020 Hazai és Külföldi Modellek a Projektoktatásban Nemzetközi Tudományos Konferencia Budapest 2020. december 15. konferencia kiadvány 168-186. oldal ISBN 978-963-449-199-6;