TEACHING REGULATIONS OF DEPARTMENT PHYSICAL EDUCATION AND SPORTS OF UNIVERSITY OF LODZ

**(VALID IN THE ACADEMIC YEAR 2020/2021, PREPARED IN ACCORDANCE WITH THE GUIDELINES CONTAINED IN THE REGULATION OF 174 OF THE RECTOR OF THE UL ON 09/18/2020)**

Annex to the Rules of the Department of Physical Education and Sports of University of Lodz

**1.**  Physical Education is a compulsory subject for students of the University of Lodz. It is carried out for 60 hours (2 semesters of 30h each) and is credited in a semester with a grade.

**2.** Classes in the winter semester in the 2020/2021 academic year are held once a week in a remote system.

The student will receive electronically materials related to the study content included in the description of the course. At the same time, student will be obliged to confirm once a week his activity in the field related to the selected physical education discipline with the help of individual exercises confirmed by the use of applications for recording physical activity (e.g. Endomondo, Huawei Health, Calorie Counter, Nike + or similar) and to prepare at least 4 papers per semester on the topics proposed by the lecturer.

Full information about the form of summer semester will be available on the website of the Department of Physical Education and Sports in due time.

**3.**  The student chooses one type of classes from the disciplines proposed by the University of Lodz Department of Physical Education and Sports for the academic year 2020/2021. The choice of classes is final and valid for the entire semester.

**4.**  Enrollment for classes in the 2020/2021 academic year takes place electronically (token registration) at the beginning of October (winter semester) and at the turn of February and March (summer semester). Full information for the student is available on the website of the Department of Physical Education and Sports.

**5.** Failure of a UŁ student to register for classes electronically results in the loss of the possibility to complete the course in the semester. The student is obliged to transfer physical education classes to the next semester.

**6.** The basis for completing the compulsory physical education in the academic year 2020/2021 is participation in 12 classes (in winter semester in remote system, see point 2). The lack of confirmation of physical activity must be made up within the same discipline as soon as possible. Each time the form of making up for the classes is agreed by the student with the lecturer.

**7.**  A student who was absent for 50% of the classes is not allowed to make up for them. If the absences were caused by health or random events, the student is obliged to transfer classes to the next semester.

**8.**  Only **P**EOPLE WHO HAVE A DECISION OF DISABILITY may apply for completing physical education with medical exemption. These students DO NOT SUBSCRIBE FOR CLASSES.

Students who previously had a complete sick leave from sports activities, people with dysfunctions (posture defects, eye defects, chronic injuries, etc.) should download a template of a medical certificate from the Department of Physical Education and Sports website and consult a doctor to choose the appropriate type of activity for their health condition (e.g. physical rehabilitation, health gymnastics, etc.). Persons temporarily unable to participate in physical education classes for health reasons may apply for the transfer of physical education to the next semester or academic year in connection with the doctor's decision on the certificate.

**9.**  Physical education classes are credited (without the need to participate) to active competitors of the sports sections of KU AZS UŁ, members of the "Kujon" Dance Team, members of the national team after presenting a certificate from the relevant Polish Sports Association. Students who provide a relevant certificate no later than in the first week of classes can apply for a credit in this form.

**10.**  The Dean may recognize the credit for Physical Education classes if the student completes them during studies on a different field of study on the University of Lodz or transfers from a different university and have completed PE classes there.

**11.**  In exceptional cases, the way and form of conducting physical education classes in the academic year 2020/2021 is agreed by the student with the head of the Physical Education and Sport Department of the University of Lodz or his deputies.

**12.** In matters not covered by these Regulations, the Guidelines for conducting didactic classes at the headquarters of the University of Lodz from October 1, 2020, contained in the Regulation of the Rector of the University of Lodz No. 174 of September 18, 2020, together with Annexes 1 and 2 shall apply.

**13.**  In the event of a change in the guidelines contained in the Ordinance of the Rector of the University of Lodz No. 174 of September 18, 2020, the student will be obliged to comply with the new guidelines.