

PHYSICAL EDUCATION **AT THE UNIVERSITY OF LODZ**

1. The Department of Physical Education and Sport at the University of Lodz (**Stodium Wychowania Fizycznego i Sportu, the abbreviation SWFiS**) is an extra-departmental unit that **provides compulsory educational activities of physical education and takes over as supervisor of academic sport** and recreation at the University of Lodz. It is located at Styrska 5, Lodz. Its director is Leszek Piastka, MA.

2. Physical Education is a **compulsory** subject for students of the University of Lodz of the first degree stationary and unified Master's degree studies. It is carried out for 60 hours (2 semesters of 30 hours each). **We remind you to participate in the PE registration (for more details please see the website of SWFiS: www.swfis.uni.lodz.pl)**

The discipline should be chosen for the whole academic year but a change of the discipline by a student during the semester or after the first semester may take place due to specific health contraindications for attending classes in the chosen discipline. The registration is two-stage: at the beginning of the first/a winter semester and at the beginning of the second/a summer semester. Depending on a faculty, PE classes are carried out in the winter/summer semester or summer/winter semester system.

PE classes at the University of Lodz **take a diametrically opposite approach** to that at the primary or secondary school. The main difference, and an advantage of the same time, is the possibility of making a choice of a discipline which is consistent with the student's interests and health condition. **There are 18 different forms of physical activities on offer.**

3. For several years, the University of Lodz has taken part in the programme called **NO FOR MEDICAL EXEMPTIONS**. In view of this, SWFiS do not respect them. However,

- students with a certificate of disability,
 - members of sports sections of KU AZS (Academic Club Of the Academic Sports Association) who represent the University of Lodz at Polish Academic Championships,
 - students participating in the "Kujon" Dance Team
- may but don't have to attend PE classes.

4. We strongly encourage all students to take part in PE classes. On the one hand, we propose **sports disciplines** for students with greater physical fitness and those who like to compete. Members of sports clubs can improve their skills in sports sections of KU AZS. On the other hand, there is a wide range of activities for students interested in **healthy lifestyle**, and even for those with **decreased physical fitness** or dysfunctions and disabilities (bridge, rehabilitation groups).

All activities are conducted by skilled and experienced teachers in **facilities perfectly prepared** for each physical activity. The teachers are sportsmen, **enthusiasts** of their disciplines, very often **coaches** cooperating with sports club that succeed on the national and international level.

5. We encourage you to look at the **Didactic Regulations**, where **one of the most important issues** is that the student who has enrolled to PE classes but cannot complete them during the semester should **transfer the classes** to the next semester with the dean of their faculty consent. If they get the consent, they should unsubscribe from the PE classes. Otherwise, they get the **grade 2**.

6. The compulsory PE classes last one year but you can do sport longer than that. There are **additional activities** for members of **KU AZS UŁ**, like:

- „SPORTOWE PIĄTKI” („SPORTS FRIDAYS”), but also
- „SPORTOWE JUWENALIA” („SPORTS JUVENILIA”) and
- „STUDENCIE ZRELAKSUJ SIĘ” („STUDENT, RELAX”) .

Please, take a notice of aktualności on the website of SWFiS where we try to update the information on the additional free of charge sports and recreational activities during the whole academic year. The information is quite frequently sent to our students by e-mail.

7. You can also cooperate with **the Student's Club of AZS UŁ**. You can become its member if you are a **sportsman, an activist** or want to **do an extra sports activity**.

See the website of KU AZS UŁ: www.azs.uni.lodz.pl. There is information on sections or the list of disciplines in the Polish Academic Championships (AMP). If you are interested in representing the University of Lodz in AMPs, you should contact the section coach and if there is not a section you are interested in, then you should contact the Sports Director: Bogdan Kobierecki or students -representatives of KU AZS UŁ.

The condition of participation in sections, additional activities or SPORTS FRIDAYS is **the ISIC AZS identity card**. The card gives you additionally accident assurance (and are not obliged to have another insurance at the University) and discounts in some sports facilities, shops, restaurants. **For more information on the card, please see the website of KU AZS UŁ: www.azs.uni.lodz.pl.**

8. We encourage to **take part in the registration for PE classes** (although most of you must have already done it). The registration takes place in the USOSweb. **For details please see the website: www.swfis.uni.lodz.pl.**

We encourage you to see the descriptions of each discipline on our website before you make the choice.

For **students doing competitive sport** the University of Lodz has opened a new programme called: **(Studies and Sport at the University of Lodz)**. It enables students who have sport master class in Olympic disciplines to receive extra benefits. They can also get a free place at a student house and an individual approach to studies. For more details please see: Zarządzenie Rektora UŁ nr 100 dated on 29 April 2022.

Students who are sportsmen and have national or international sport master class can participate in the programme of the Ministry of Education and Science called: **Narodowa Reprezentacja Akademicka (National Academic Representation)**.

Such a student gets extra 100 didactic hours to increase their competences in the field of their programme course at the University of Lodz.