

PHYSICAL EDUCATION AT PJAIT – RULES AND REGULATIONS

§ 1

General rules

1. Physical Education classes are compulsory for full-time first-cycle students at the Faculty of Computer Science, Japanese Culture, New Media Arts and Information Management in the 4th and 5th semesters, 30 lessons (teaching hours) in each semester (subject to point 2).
2. Graphic Design and Multimedia Art: compulsory PE classes for 4th, 5th and 6th semesters, consisting of 20 teaching hours each semester.
3. 1 lesson - 45 minutes.
4. The compulsory number of teaching hours must be completed in full by the end of the scheduled classes of the particular semester (around the end of January in the case of the winter semester or the end of June in the summer semester). In the case of PE classes offered by PJAIT, information on the date of their completion is provided in the email regarding PE classes enrolment.
5. Failure to complete the appropriate number of hours by the end of the curriculum means that a student does not pass the subject; consequently, the student receives grade 2,0 (fail) and must repeat the subject in the next semester.
6. In the case of PE there is no re-sit session.
7. Students can choose the method of attending PE classes and take advantage of PE classes offered by PJAIT or they can follow an individual arrangement.
8. In cases not regulated by this document, decisions will be taken by the PE PJAIT Coordinator.

§ 2

Courses offered by partners of PJAIT

1. Enrolment can be done by choosing an appropriate course (sport) option on the questionnaire at gakko.pja.edu.pl .
2. Information about the dates of classes and locations of institutions will appear on the website gakko.pjwstk.edu.pl in the announcements at the beginning of the semester.
3. Students' sport declarations will be **accepted by 20 October in the winter semester and 21 March of the summer semester.**
4. Information about the results will be sent by e-mail to students' academic accounts. Announcements related to the conditions of passing the subject will be posted at gakko.pjwstk.edu.pl
5. Enrolment is carried out on the first come first served basis. In the questionnaire a student ticks his/her first and second choice discipline. It is not possible to enroll another person.

6. If a student chooses a particular sport (PE discipline) from the PJAiT offer, the choice will be valid throughout the semester and cannot be changed.
7. PJAiT reserves the right to not open a course if there are too few students enrolled or due to unforeseen circumstances.
8. During one day, a student may complete up to **2 teaching hours, maximum 90 minutes**. A higher number of hours completed per day will **not be accepted and counted**.

§ 3

PE done according to individual arrangement

1. The number of hours of PE done by the student must be equal to the number of hours required by the syllabus.
2. Decision to follow an individual arrangement must be submitted not later than by **20 October in the winter semester and 21 March in the summer semester**. This can be done by choosing a respective option on the online questionnaire available at gakko.pjwstk.edu.pl
3. A certificate confirming the completion of the course should be submitted by the end of the semester. It should include the number of hours done and the stamp of the club with the signature of the person conducting the classes.
4. Students who fail to submit the aforementioned certificate will receive a fail grade and will be obliged to retake the course in the subsequent semester as the paid re-take (ITN), irrespective of the form of the original course.

§ 4

Exemption from PE

1. Students who cannot participate in PE classes due to ill health are obliged to submit a doctor's notice to the Dean's Office (dziekanat@pja.edu.pl) – **by 31 October in the winter semester and the 31 March in the summer semester**.
2. Short-term doctor's notices should be submitted within 7 days from issue. Students who fail to do so will not pass the course. The notice will not mean the reduction of obligatory hours. A student needs to make up for the missed classes according to individual arrangement, the cost will not be reimbursed by PJAiT.
3. Doctor's notices will not be accepted after the closing of the semester.

§ 5

The following (PE disciplines) sports are available

1. **Aikido**
Address: Szkoła Podstawowa nr 388 im. Jana Pawła II ul. Deotymy 25/33, 01-407 Warszawa.
2. **Kendo**
Address: Warszawskie Stowarzyszenie Kendo, Szkoła Podstawowa nr 114, ul. Remiszewska 40, 03-550 Warszawa.
3. **Kung-Fu/Tai-Chi**
Szkoła Chińskiego Wu - Shu „Nan Bei Shen Long”.
Precise location and timetable available at <http://www.wushu.pl/plan-zajec/>

4. **Swimming**
Address: OSiR m.st. Warszawy w Dzielnicy Ochota, ul. Rokosowska 10, 02-348 Warszawa.
5. **Gym/fitness McFIT**
McFIT, all locations. More information at <https://www.mcfit.com/pl/>
In a McFIT gym class, one workout lasts about 90minutes.
Only one training session can be completed per day. Increased hours of classes during one day do not cumulate and will not be included in the total number of compulsory teaching hours.
6. **Dance/Egurrola Dance Studio**
Egurrola Dance Studio: Śródmieście, Ochota, Blue City.
Timetable for students: <https://gakko.pjwstk.edu.pl/edux/6555/materials>
7. **Tennis/Legia Tennis&Golf**
Address: ul. Myśliwiecka 4A, 00-459 Warszawa.
8. **Aerosquash**
Address: Wał Miedzeszyński 646, 03-994 Warszawa.
9. **Kyudo / Fundacja Umemi**
Address: V LO im Księcia Józefa Poniatowskiego, ul. Nowolipie 8, 00-150 Warszawa.
10. **Slow Jogging/ Slow Jogging Polska**
Address: ul. Wawelska 5, 02-034 Warszawa.

PROREKTOR ds. STUDENCKICH


dr Aldona Drabik, prof. PJATK