

## 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 4<sup>th</sup> and 5<sup>th</sup> semesters, 30 lessons (teaching hours) in each semester (subject to point 2).
2. Graphic Design and Multimedia Art: compulsory PE classes for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> 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. The declaration of how you will complete your PE (physical education) classes is submitted electronically through the website [gakko.pja.edu.pl](http://gakko.pja.edu.pl), based on your completed class selection questionnaire.
8. Deadlines for submitting declarations:
  - by October 20<sup>th</sup> for the winter semester
  - by March 21<sup>st</sup> for the summer semester
9. Students can choose one of the following options for completing their PE classes:
  - taking part in PE classes offered by PJATK
  - completing PE activities independently (self-arranged)
  - active participation in a PJATK AZS sports section, confirmed by the section coach
10. In cases not regulated by this document, decisions will be taken by the PE PJAiT Coordinator.

### § 2

### **Courses offered by partners of PJAiT**

1. A student who takes classes offered by PJATK selects them in the online course selection questionnaire.
2. Information about the dates of classes and locations of institutions will appear on the website [gakko.pjwstk.edu.pl](http://gakko.pjwstk.edu.pl) in the announcements at the beginning of the semester.
3. 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](http://gakko.pjwstk.edu.pl)
4. 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.
5. 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.
6. PJAiT reserves the right to not open a course if there are too few students enrolled or due to unforeseen circumstances.
7. 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. In the case of self-declaration of classes, the student selects the appropriate option in the online questionnaire.
2. In the case of conducting classes on their own, the student is obliged to provide a documented number of completed PE hours in accordance with the curriculum.
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 retake (ITN), irrespective of the form of the original course.

### **§ 4**

#### **Active participation in the sports section of AZS PJATK**

1. You can get a pass in PE by actively participating in the activities of the sports sections of AZS PJATK.
2. Only students who have been qualified by the coach for a given sports section may participate in this form of PE credit.

3. The student declares in the electronic questionnaire for selecting classes participation in the selected sports section, in accordance with the above-mentioned dates, together with confirmation of participation by the section coach.
4. A certificate issued by the section coach confirming the training completed (30 hours per semester for students of the Faculty of Computer Science, Japanese Culture, Information Management and 20 teaching hours for students of the Faculty of Graphic Design and Multimedia Art) as part of AZS PJATK classes should be submitted by the end of the semester.

## § 5

### 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 31st October in the winter semester and the 31st March in the summer semester.**
2. In the case of short-term medical leave, students must make up any missed PE classes at their own expense and responsibility. Such leave does not reduce the required number of hours – the full number of PE classes must still be completed within the semester. **Any missed classes must be made up during the same semester, with the following conditions:** make-up classes cannot take place on the same day as regular scheduled classes; students may not make up more than two classes per week. **Short-term medical certificates are accepted within 7 days of the date of issue.**
3. Doctor's notices will not be accepted after the closing of the semester.

## § 6

### 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 Well Fitness (McFIT)

McFIT, all locations. More information at <https://wellfitness.pl/>

**In a Well Fitness (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/8421/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

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