

Physical education at PJAiT – Rules and Regulations

Physical Education (PE) is obligatory for all students of IV and V semester of full-time undergraduate studies at PJAiT. The number of teaching hours is 30 per semester.

1. PE OPTIONS AVAILABLE TO STUDENTS

a) courses offered by partners of PJAiT

Enrolment can be done by choosing an appropriate course (sport) option on the questionnaire at gakko.pja.edu.pl.

Students' sport declarations will be accepted by 20 October in the winter semester and 21 March of the summer semester.

Information about the enrolment important dates and 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

The following (PE disciplines) sports are available:

- **Aikido**

Address: Szkoła Podstawowa nr 388 im. Jana Pawła II, 01-407 Warszawa, ul. Deotymy 25/33

- **Kendo**

Address: Warszawskie Stowarzyszenie Kendo, XIII Liceum Ogólnokształcące z Oddziałami Dwujęzycznymi im. płk. Leopolda Lisa-Kuli ul. Oszmiańska 23/25, 03-503 Warszawa

- **Kung-Fu/Tai-Chi**

Szkoła Chińskiego Wu - Shu „Nan Bei Shen Long”

Precise location and timetable available at <http://www.wushu.pl/plan-zajec/>

- **Swimming**

Address: OSiR m.st. Warszawy w Dzielnicy Ochota, ul. Rokosowska 10

- **Gym/fitness McFIT**

McFIT, all locations

More information at <https://www.mcfit.com/pl/>

- **Dance/Egurrola Dance Studio**

Egurrola Dance Studio: Śródmieście, Ochota, Blue City

Timetable available at <http://www.pja.edu.pl/dzieskanat/zaliczenia-wf>

PROJEKT

Prof. Andrzej...

- **Tenis/Legia Tennis&Golf:**

Adress: ul. Myśliwiecka 4A 00-459 Warszawa

General regulations:

1. 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.
2. 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.
3. Students who fail to do the required number of hours of the declared sport will fail the course.
4. At gym classes (McFIT) a student should do 30 hours of workout (a single workout lasts approx. 90 minutes, it is possible to do one workout daily).
5. PJAiT reserves the right to not open a course if there are too few students enrolled or due to unforeseen circumstances.

b) 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, i.e. 30 teaching hours.
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.

2. ADDITIONAL INFORMATION

1. 1 teaching hour equals 45 minutes.
2. 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) – by the end of October in the winter semester or the end of March in the summer semester.
3. 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.
4. Doctor's notices will not be accepted after the closing of the semester.
5. Dates and times, as well as the addresses of places where physical education is provided will be published at the beginning of the semester at gakko.pjwstk.edu.pl in the Announcements section.
6. In cases not regulated by this document, decisions will be taken by the PE PJAiT Coordinator.

PROREKTOR

prof. Aldona Drabik