

## **Important and Urgent Announcement**

### **How to obtain credits for PE classes in the summer semester 2020**

1. According to the Rector's Regulation no. 27/2020 of 4th May 2020 Physical Education and Sports classes should end and students should be given credits for the classes by 12th June 2020. Most probably this deadline will not be changed for a later date.
2. In order to obtain credits for PE classes a student should attend at least 26 PE classes – one class lasts 45 minutes. This can be done by:
  - attending PE classes in February and March 2020 (the maximal possible number of classes: 6, except for Skiing and Tourism)
  - writing an essay on a topic given by the student's trainer (possible number of class hours to score: 4-8), a plagiarism declaration must be attached to the written work (according to the sample given in the Rector's Regulation)
  - student's own physical activity documented by photos, screenshots, print-outs (6-8 class hours to score), including 2 class hours for Physical Fitness Test by Zuchora which should be done by a student and its results should be sent to the trainer (the test can be done at home except for the arm strength test – to do it a horizontal bar is needed and enough space to let one's body hang with feet off the ground)
  - individual participation in an outdoor game in the Łazienki Royal Park on the basis of a map and instructions which will be available soon at the WUT Sports Centre website, materials on participation in the game should be sent to the student's trainer (the maximal possible number of class hours to score: 6)
  - participation in the online yoga or 'healthy spine' classes which will start on 11th May (information will be published at the WUT Sports Centre website) – each session is 2 class hours
3. Please contact your trainer by email as soon as possible and arrange with him/her the way (type of activity) and the date of scoring particular class hours so that by 12th June you can score the required 26 PE class hours.

I wish you good health.

Dariusz Sońta

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