

# Completion conditions for subject “Sport Activities II. / IV. / VI. – Mobile App Strava”

## Contact us:

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## 1. Registration requirements:

In order to register for this activity, each student has to own a device to monitor heart rate with Bluetooth (sport-tester, smart watch, chest belt) and must be able to connect the device with the Mobile App STRAVA. **Students are obliged to register for this course via AIS 2.** A student can use any STRAVA-supported training application (e.g. Polar, Garmin, etc.) for training if mutual sync between applications is turned on.

**By registering for this subject, the student agrees to the terms and conditions and acknowledges/declares that he/she has a compatible device. If the student cannot synchronize the heart rate with the application STRAVA, CREDITS WILL NOT BE GRANTED.**

## 2. Compatibility and uploading activities:

If your device is not compatible and does not automatically sync with STRAVA, there are other options:

- Manual synchronization: in your application (garmin, xiaomi, polar, endomondo, runkeeper, etc...) if possible, export the TCX or GPX file with your activity. You must perform this step on your computer. Upload the exported file to the STRAVA app website: <https://www.strava.com/upload/select>. When you update your profile, the activity should appear.
- Option to synchronize your application with the "Google Fit" app and then synchronize Google Fit app the "STRAVA" app.
- If this none of above does work for you, you must choose a different form of sports activities to be able claim credits.

Strava application is for us a control system of student activity. **WE DO NOT ACCEPT SCREENSHOTS** from other applications. The student himself is responsible for the compatibility of his device with strava.

**Teachers are not technical support for compatibility of your device with application!**

Links for STRAVA APP:

- Android – [Strava: Track Running, Cycling & Swimming](#)
- iOS – [Strava: Run, Ride, Swim](#)
- Web – <https://www.strava.com/>

**3. Personal profile in the application:** After registration, each student has to set the profile to be visible for everyone (Profile – Settings – Privacy Controls) and has to fill in the following items in the profile (Profile - Edit profile):

- Name – exact same name as is in AiS2 system!!!
- Gender
- Weight
- In the item “**Bio**”, please, fill in your UPJS mail account ([name.surname@student.upjs.sk](mailto:name.surname@student.upjs.sk)) and sport activity applicable to you (e.g.: Sport activity I) for the administration purposes.
- It is necessary to allow access to the data of paired devices via a web browser on the [www.strava.com/settings/consent](http://www.strava.com/settings/consent)

**4. University club:** After registration, students must join the club: **UPJŠ Košice** (Explore – Clubs – Search) via:

- Web page - <https://www.strava.com/clubs/upjs1> or
- Mobile App

**5. Completion requirements:** To acquire credits, each student has to upload:

- **14 hours** of sport activity in total (minimum length of activity is **30 minutes!**);
- Minimum calories burned during the span of **ALL** activities (workout units) must be **6000 kcal**;
- The analysis of a particular activity must involve **HEART RATE** data

Only sport activities completed during the winter semester on dates from **10.02.2021 to 31.05.2021** will be counted for the course completion.

The class in schedule at Friday from 8 P.M. to 9:30 P.M. is not a real lesson or commanded exercise time for students. It is only a matter of enrolling the subject in the timetable for the technical purposes of the AIS system. **Students can perform the activity anytime and anywhere!**

## **6. Communication**

If required, student can communicate with teachers using only the official UPJS mail account. ([name.surname@student.upjs.sk](mailto:name.surname@student.upjs.sk)).