

Conditions for online teaching and passing the subject  
**SPORT ACTIVITIES II., IV., VI. summer.s. 2020/2021**  
**vyučované online, prostredníctvom videohovoru:**

**Home workout – Beginners/Advanced, Body form,  
Aerobic – Beginners/Advanced, Step Aerobic,  
Yoga, Power Yoga, Pilates, SM System**

**Vyučujúci a kontakt jednotlivých športových aktivít:**

<b>Home workout</b>	Mgr. Dávid Kaško PhD., <a href="mailto:david.kasko@upjs.sk">david.kasko@upjs.sk</a> Mgr. Marcel Čurgali, <a href="mailto:marcel.curgali@upjs.sk">marcel.curgali@upjs.sk</a> Mgr. Ladislav Kručanica, PhD. <a href="mailto:ladislav.krucanica@upjs.sk">ladislav.krucanica@upjs.sk</a> Mgr. Patrik Berta, <a href="mailto:patrik.bera@upjs.sk">patrik.bera@upjs.sk</a> Bc. Richard Melichar, <a href="mailto:richard.melichar@upjs.sk">richard.melichar@upjs.sk</a>
<b>Step aerobic</b>	Mgr. Alena Buková, PhD. <a href="mailto:alena.bukova@upjs.sk">alena.bukova@upjs.sk</a> Mgr. Petra Tomková, PhD., <a href="mailto:petra.tomkova@upjs.sk">petra.tomkova@upjs.sk</a>
<b>Body form</b>	Mgr. Alena Buková, PhD., <a href="mailto:alena.bukova@upjs.sk">alena.bukova@upjs.sk</a>
<b>Aerobic advanced</b>	
<b>Aerobik beginners</b>	Mgr. Petra Tomková, PhD., <a href="mailto:petra.tomkova@upjs.sk">petra.tomkova@upjs.sk</a>
<b>Power yoga</b>	
<b>Yoga</b>	Mgr. Agata Horbacz, PhD., <a href="mailto:agata.horbacz@upjs.sk">agata.horbacz@upjs.sk</a>
<b>Pilates</b>	
<b>SM system</b>	

- **Student must be registered for chosen subject in the AIS system**, where he/she will choose a specific lesson – day and time.
- Classes of Home workout for beginners and advanced differ in the difficulty and intensity of each class.
- The subject Sport activities are taught in the full range of summer semester lessons from **15.2.2021 to 14.5.2021 (13 weeks)**.
- The teaching of individual sports activities will take **place online, through Microsoft Teams**.
- **The team name and passkey will** be sent to the student at the beginning of the semester.

- **Specific conditions** for teaching the selected sport activities will be specified in the introductory email and at the introductory class (eg the possibility of borrowing a step / step for aerobics, elastic bands for the SM system, etc.)
- **The student is obliged** to participate in the teaching of the subject on a given day and the time for which he/she has signed up. Any absence or replacement of instruction shall be consulted with the learner.
- **To learn, you need equipment:** functional multimedia equipment (camera, speaker, microphone), sportswear, minimum space of 1.5 x 2 meters, further according to the instructions of the teacher.
- **Granted credits** will be based on the attendance and active participation in the online teaching of the subject.
- It is the responsibility of the student to communicate with the teacher exclusively via student email (name.surname@student.upjs.sk).