

## Conditions for online teaching and passing the subject

### **SPORT ACTIVITIES I., III., V. winter term 2021/2022**

**Home workout – beginners / advanced, Aerobic, Step Aerobic, Tabata,**

**Yoga, Power Yoga, Pilates, SM System, Body balance**

#### **Contact:**

<b>Home workout – beginners / advanced</b>	Mgr. Marcel Čurgali, <a href="mailto:marcel.curgali@upjs.sk">marcel.curgali@upjs.sk</a> Mgr. Richard Melichar, <a href="mailto:richard.melichar@upjs.sk">richard.melichar@upjs.sk</a> Mgr. Dávid Kaško PhD., <a href="mailto:david.kasko@upjs.sk">david.kasko@upjs.sk</a>
<b>Aerobic Step aerobic Power yoga</b>	Mgr. Petra Tomková, PhD., <a href="mailto:petra.tomkova@upjs.sk">petra.tomkova@upjs.sk</a>
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- **Student must be registered** for chosen subject in the AIS system, where he/she will choose a specific lesson – day and time.
- The subject Sport activities (SA) are taught in the full range of summer semester lessons **from 27.9.2021 to 23.12.2021** (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 SA 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.
- During the exercise, it is necessary to be connected online with the camera turned on, which captures the trainee.
- **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.surename@student.upjs.sk***).

### **Missed class policy:**

- you are only allowed to make-up the same type of class (gym for gym, aerobic for aerobic)
- you are not allowed to make up the class on the same day your class is scheduled
- you are obliged to inform the teacher you are making-up your regular class at the beginning of the class
- you are obliged to inform the teacher about the day and time of your regular sport activity class