Guidelines for Mobile Application - Sports Activity (SA) I, III, V

<mark>**Only students who are in possession of a smart watch or heart rate monitor that can be synchronized with STRAVA are allowed to register for this activity.**</mark>

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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.
   If a student has to register for SA I and III simultaneously, please contact the teacher responsible for sports activities at your faculty. https://www.upjs.sk/pracoviska/ustav-telesnej-vychovy/o-nas-utvs/zamestnanci/

2. **Installing application**: Students must install Mobile App **STRAVA** into their mobile device and register under the real name:
   - 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
   - Gender
   - Weight
   - In the item "**Bio**", please, fill in your UPJS mail account (name.surname@student.upjs.sk) and sport activity applicable to you (e.g.: Sport activity I) for the administration purposes.

4. **University club**: After registration, students must join the club: **UPJS Košice** (Explore – Clubs – Search) via:
   - Web page - https://www.strava.com/clubs/upjs or
   - Mobile App

5. **Completion requirements**: To acquire credits, each student has to upload:
    - Total of 14 hours of activities (workouts). A single activity must be at least 30 minutes long
    - Minimum calories burned during the span of **ALL** activities (workouts) must be 6000 kcal.
    - **The analysis of a particular activity in STRAVA must involve Heart rate data**

Only trainings completed during the winter semester between September 9 and Dece12.2021 will be counted for the course completion. Students can register for this activity no later than October 31.

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

6. **Contact**

If required, student must communicate with teachers using only the official UPJS mail account**. (name.surname@student.upjs.sk).

7. **Additional info (important!):**
    - STRAVA app is used to quickly check a large number of students. Therefore, we avoid other forms of sending individual data.
    - If your device is not compatible and there is no automatic synchronization with STRAVA app, there is still of possibility of manual uploading. In your app (garmin, xiaomi, polar, endomondo, runkeeper, or other export the TCX or GPX file of your activity. This must be done on your computer. Upload the exported file to the STRAVA website manually via this link: https://www.strava.com/upload/select. After you upload the activity, it should appear in the STRAVA app.
    - If this step does not work for you, you must choose a different form of sports activities to acquire the credits.