

TOKEN REGISTRATION FOR PHYSICAL EDUCATION CLASSES
in the winter semester 2025/2026
starts on the 23rd September 2025 at 9.00 a.m.
and finishes on the 12th October 2025 at midnight.
PE classes start on the 2nd October 2025
 although the registration will be open longer.

- Physical education classes of 60 hours (30 h per semester) are **compulsory** for **full-time first-cycle students** and for **uniform Master's students** and are **in a stationary form**. Please check in your study program when PE classes are scheduled for you (which year and which semester) and enroll for the classes only when it is applicable.
- PE classes take place once a week and are 90 minutes long (i.e. 2 didactic hours).
- At each faculty PE classes are scheduled on a specific day (see the table below).
- Students of **Sport Pedagogy** and **Physical and Health Education** **do not take part in the registration.**

ATTENTION!

1. Students who undertake studies **in the second field** may decide whether they want to participate in physical education classes and enroll in the classes, or, having completed the basic course, apply for the transfer of the subject grade. To do so, they are asked to write a suitable document in their dean's office. **They do not register for classes.**

2. The student can choose one of the 19 disciplines ranging from intensive sports activities to pro-health classes.

3. The Department of Physical Education and Sport at the University of Lodz does not accept any medical leave. As part of PE classes, it creates conditions for participation in sports and recreational activities for people with various interests and levels of physical fitness, also for people who previously had sick leave for health reasons.

4. A student with dysfunctions (posture defects, eye defects, chronic injuries, etc.), knowing their health condition, should choose classes prepared especially for them, e.g. health gymnastics, PE for students with health problems, relaxation exercises or bridge. In case of choosing PE for students with health problems, relaxation exercises or bridge, the medical certificate form is NECESSARY. The form is available on the website: (www.swfis.uni.lodz.pl) in „Regulaminy i inne dokumenty” tab or will be sent by e-mail (studiumwfis@uni.lodz.pl) on a student's request.

The table below presents time slots reserved for PE classes by each faculty in the summer semester 2024/2025. However, the date of the classes can be selected another than the time slots suggested in the table.

Monday

Faculty of Economics and Sociology: Economics, Spatial Management, Investments and Real Estates, Logistics, Social Works and Sociology	7.30 - 18.00
Philology Faculty: Spanish Philology, Film Studies, Culture Studies, Logopaedics	7.30 - 15.00
Management Faculty	12.00 - 18.00

Tuesday

Faculty of Geographical Sciences	7.30 - 12.00
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Philology Faculty	7.30 – 18.00
Faculty of Philosophy and History: History of art	13.30 – 18.00
Faculty of Law and Administration: Law	15.00 – 18.00

Wednesday

Faculty of Educational Sciences: Psychology	7.30 – 12.00
English Philology	8.00 – 14.00
Faculty of Law and Administration: Administration	15.00 – 18.00

Thursday

Faculty of Biology and Environmental Protection	7.30 – 12.00
Faculty of Chemistry	7.30 – 12.00
Faculty of Mathematics and Computer Science	7.30 – 12.00
Faculty of Physics and Applied Informatics	7.30 – 12.00
Faculty of Philosophy and History: Philosophy	7.30 – 12.00

Friday

Spatial Management	7.30 – 12.00
Faculty of Philosophy and History: History and Military Science, Archaeology	7.30 – 16.30
Faculty of Educational Sciences (except for Psychology)	7.30 – 16.30
Philology Faculty: Polish Philology, Russian, Slavic Studies	7.30 – 16.30
Faculty of International and Political Studies	15.00 – 18.00
Faculty of Economics and Sociology: Banking and Digital Finance, Econometrics and Data Analytics, Finance and Accounting, Economic Informatics, Finance and International Business	16.30 – 20.00

This semester there are 5 **PE classes in English**:

PE with elements of yoga: Monday 1.30-3 pm

Fitness: Monday 2.30-4 pm, Friday 3-4.30 pm

Body shaping with elements of dietetics: Monday 4.30-6 pm

Basketball: Friday 3.30-5 pm

Token registration instruction

1. Go to the website <https://usosweb.uni.lodz.pl>
2. Token registrations can be found in the module "FOR STUDENTS" in the tab REGISTRATIONS-Token REGISTRATIONS.
3. After clicking on the registration list page on the registration code (3701-WF) for physical education classes, you will be taken to the page with the list of classes and groups available for registration.

4. To sign up for the chosen class, hover the mouse cursor over the basket icon. A balloon message appears: "Please request registration." Click on the basket icon. Just clicking it does not mean that the student has been registered for the course. Before the end of the micro-tour, the student can unsubscribe and ask for the cancellation of the enrollment request by clicking on the basket again. If after hovering the cursor over the basket, the message "Cannot register now" is displayed, it means that there is a microbreak at the moment and you should wait until the next micro-tour starts.
5. Information whether the student has been registered by the system will be displayed in the "My registrations" window after the start of the next micro-tour.
6. In the same place, the student can unsubscribe from the class for which he was enrolled by clicking on the basket with the red arrow.
7. It may happen there won't be free places in the chosen group. In such a situation, the student must register for the most suitable remaining dates or classes.
8. Each student who is required to enroll in physical education classes should have the token 3701-CW. This can be checked in REGISTRATIONS> tokens> token registration basket. If it is not there, please report this fact to the e-mail address: studiumwfis@uni.lodz.pl.
9. You can choose any PE group you want, in a different time slot than that reserved by your faculty as long as it does not interfere with other classes you attend.
10. In the token registration for PE classes the rule: first come, first served applies.