1. Physical Education is a **compulsory** subject for students of the University of Lodz. It is carried out for 60 hours (2 semesters of 30 hours each) and is credited in a semester with a grade.

2. Classes in the winter semester of the 2021/2022 academic year are held once a week in a stationary mode. The student will receive electronically materials related to the study content included in the description of the course. At the same time, student will be obliged to confirm **once a week** their activity in the field related to the selected physical education discipline with the help of individual exercises confirmed by the use of applications for recording physical activity (e.g. Endomondo, Huawei Health, Calorie Counter, Nike + or similar) and to prepare at least 4 papers per semester on the topics proposed by the lecturer.

3. The information about the form of the summer semester of the 2021/2022 academic year will be available on the website of the Department of Physical Education and Sport before the beginning of the summer semester.

4. The student chooses one type of classes from the disciplines proposed by the Department of Physical Education and Sport of the University of Lodz for the 2021/2022 academic year. The choice of classes is final and valid for the entire semester.

5. Enrollment for classes in the 2021/2022 academic year takes place electronically (token registration) at the end of September (winter semester) and at the turn of February and March (summer semester). The full information for the student is available on the website of the Department of Physical Education and Sport.

6. Failure of a student to register for classes electronically results in the loss of the possibility to complete the course in the semester. The student is obliged to transfer physical education classes to the next semester.

7. The basis for completing the compulsory physical education classes in the 2021/2022 academic year is the participation in 12 classes. The absence must be made up within the same discipline as soon as possible. Each time the form of making up for the classes is determined by the student and the teacher.

8. A student who was absent from 50% of the classes is not allowed to make up for them. If the absences were caused by health problems or random events, the student is obliged to transfer the classes to the next semester.

9. Only **PEOPLE WHO HAVE A DECISION OF DISABILITY** may apply for completing physical education with a medical exemption.

Students who previously had a complete sick leave from sports activities, people with dysfunctions (posture defects, eye defects, chronic injuries, etc.) should contact the Department of Physical Education and Sport in order to get a model of a medical certificate and consult a doctor to choose the appropriate type of activity for their health condition (e.g. physical rehabilitation, health gymnastics, etc.). Persons temporarily unable to participate in physical education classes for health
reasons may apply for the transfer of physical education to the next semester or academic year on the basis of the doctor's decision on the certificate.

10. Physical education classes are credited (without the need to participate) to active competitors of the sports sections of KU AZS UL, members of the "Kujon" Dance Team, members of the national team after presenting a certificate from the relevant Polish Sports Association. Students who provide a relevant certificate no later than in the first week of their classes can apply for a credit in this form.

11. The Dean may recognize the credit for physical education classes if the student has completed them during studies in a different field at the University of Lodz or another university.

12. In exceptional cases, the way and form of conducting physical education classes in the 2021/2022 academic year is agreed by the student with the head of the Department of Physical Education and Sport of the University of Lodz or his deputies.

13. In matters not covered by these Regulations, the Guidelines for conducting didactic classes at the headquarters of the University of Lodz of October 1, 2021, contained in the Regulation of the UL Rector No. 174 of September 18, 2020, together with Annexes 1 and 2 and in the Regulation of the UL Rector No. 198 of September 9, 2021 together with Annexes 1 and 2, shall apply.

14. In the event of a change in the guidelines contained in the Regulation of the UL Rector No. 174 of September 18, 2020 and in the Regulation of the UL Rector No. 198 of September 9, 2021, the student will be obliged to comply with the new guidelines.