

## **New Requirements for Completing All Subjects of Department of Physical Education for International Students of Second Faculty of Medicine**

We were optimistically hoping for a change in the epidemiological situation for the better, but this did not happen. Unfortunately, quite the opposite.

Practical lessons of all optional subjects and all the other sport semestral courses are therefore not possible to take place.

In order to complete the subjects you have enrolled in, we have set these new requirements, which are becoming valid from the 9<sup>th</sup> of November 2020.

There are 8 weeks left until the end of the semester.

The new requirements are valid for these subjects:

DVA1132	OS - Canoeing course
DVA1133	OS - Climbing course
DVA1147	OS - Competitive ice hockey
DVA1141	OS - Competitive swimming
DVA1142	OS - Competitive volleyball
DVA1149	OS - Course for non-swimmers or swimmers - beginners
DVA1131	OS - Cycling course
DVA1137	OS - Dancing course
DVA1135	OS - Golf course
DVA1145	OS - Health Physical Education
DVA1134	OS - Increasing physical ability
DVA1116	OS - Physical Education
DVA1117	OS - Physical Education in Primary Prevention I
DVA1118	OS - Physical Education in Primary Prevention II
DVA1136	OS - Pilates course
DVA1139	OS - Preparatory course I. for obtaining a license: Water Rescue - Lifeguard
DVA1130	OS - Reducing and fitness course
DVA1146	OS - Self defense course
DVA1119	OS - Sports games
DVA1138	OS -Tourism Exploring Prague and surroundings

You can complete winter semester requirements for all the subjects in one of the following ways:

- running (walking) at least 8 times 10 km (total 80 km) \*
- cycling at least 8 times 20 km (total 160 km) \*
- completion of a physical test (test battery) - it will take place in the spring months when it is practically possible (the instructional video will be published on 15 November 2020 on our website)

\*Running and cycling will be recorded by using the application STRAVA.com - details below. It is possible to combine both activities while maintaining 8 repeats (e.g.: 2 times cycling and 6times running)

## **Application STRAVA.com**

How to do it?

1. Register for free in the STRAVA.COM application
2. Enter your "club" - **International students 2<sup>nd</sup> FM** - triathlon (to be able to combine activities in the app)
3. Choose an activity - running or cycling
4. Save the route

Accomplishment of your activities will be checked after the end of the winter semester and you will obtain the credits afterwards.

We are also preparing online lessons of fitness training, yoga, stretching and Pilates. If you are interested, follow the news on our website.

If the winter sport courses will not take place practically due to Covid-19 restrictions, we will inform you in time about other alternatives to obtain the credits.

Those students who help in hospitals and healthcare in connection to Covid-19 during winter semester can send written confirmation to email address [michael.janek@lfmotol.cuni.cz](mailto:michael.janek@lfmotol.cuni.cz). The subject will be considered completed and you will obtain the credits.

Link to our webpage:

<https://www.lf2.cuni.cz/en/department-of-physical-education>

If there is anything unclear to you, feel free to contact our PE coordinator for international students Mgr. Michael Janek – [michael.janek@lfmotol.cuni.cz](mailto:michael.janek@lfmotol.cuni.cz) or particular lecturer.

**Charles University**

**Second Faculty of Medicine**

**Department of Physical Education**