

New Requirements for Completing All Subjects of Department of Physical Education, Second Faculty of Medicine for International Students of Third 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 optional subjects Physical Training 1 to 6 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 9th of November 2020.

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

The new requirements are valid for these subjects:

Physical Training (Physical Education) 1, 2, 3, 4, 5, 6

CVOL0128	Aerobic Course - Obtaining a license - basic level
CVOL0049	Bike course I.
CVOL0122	Canoeing course
CVOL0148	Climbing course
CVOL0119	Course for non-swimmers or swimmers - beginners
CVOL0046	Dance course
CCOC6806	Fundamentals of musculoskeletal practice
CVOL0210	Fundamentals of musculoskeletal practice
CVOL0061	Golf course
CVOL0121	Increasing physical ability
CVOL0044	Preparatory course I. for obtaining a license: Water Rescue - Lifeguard
CVOL0042	Reducing and fitness course I.
CVOL0118	Self-defense course

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 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 3rd 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. The subject will be considered completed and you will obtain the credit or the winter part of requirements.

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 or particular lecturer.

Charles University

Second Faculty of Medicine

Department of Physical Education