

**TOKEN REGISTRATION FOR PHYSICAL EDUCATION CLASSES
in the summer semester 2021/2022
starts on the 14th February 2022 at 8.00 a.m.
and finishes on the 6th March 2022 at midnight.**

PE classes start on the 21st February 2022.

Physical education classes of 60 hours (2 x 30h per semester) are compulsory for full-time first-cycle students and for uniform Master's students

DEAR STUDENT!

PLEASE CHECK IN YOUR STUDY PROGRAM WHEN PE CLASSES ARE SCHEDULED FOR YOU (WHICH YEAR AND WHICH SEMESTER) AND ENROLL FOR THE CLESSES ONLY WHEN IT IS APPLICABLE.

The Faculty of Law and Administration and the Faculty of Philology have decided to conduct the PE classes **remotely**. Students of these faculties register only for classes described as "zdalna" (on-line) ignoring their dates and locations (which are given in the registration for technical reasons).

Students of **the other faculties** will have PE classes in a hybrid form i.e. from the beginning of the summer semester to Easter in a remote form and from the 20th April 2022 till the end of the semester in a stationary form. They are obliged to register for classes described as „stacjonarna" (stationary) in the time slots reserved for their faculty (see the table below). If students know their timetable in advance, they can choose any suitable classes.

Please choose your classes deliberately as it will be NOT possible to make a change during the semester.

Students of **Tourism and recreation** and **Sports pedagogy** have PE classes only in a stationary form, **but they don't take part in the token registration!**

Monday

Faculty of Economics and Sociology: Economics, Spatial Management, Investments and Real Estates, Logistics, Social Works and Sociology	whole day
Management Faculty	12.00 - 18.00
Faculty of International and Political Studies	15.00 - 18.00

Tuesday

Faculty of Geographical Sciences	7.30 - 12.00
Faculty of Philosophy and History: History of art	13.30 - 18.00

Wednesday

Faculty of Educational Sciences: Psychology	7.30 - 12.00
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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 and Occidentalism	7.30 - 12.00

Friday

Faculty of Philosophy and History: History and Military Science, Archaeology	whole day
EcoCity	7.30 - 10.30

Spatial Management – Inter-faculty studies	7.30 - 12.00
Faculty of Educational Sciences (except for Psychology)	7.30 - 16.30
Faculty of Economics and Sociology: Banking and Digital Finance, Econometrics and Data Analytics, Finance and Accounting, Economic Informatics, Finance and International Business	whole day

In the remote work system, classes do not take place in real time. The date of the classes is irrelevant. In the registration, the groups are described with the date and place of the classes (this is required by the system), please ignore it. It is enough to select the type of classes and the teacher in the groups described as "zdalna" (remote). Once a week, the student will receive materials including information, skills and social competences stated in the description of the subject. At the same time, the student will be required to confirm once a week their activity in the selected discipline. Failure to the confirmation of your activity in a given week will be treated as an absence from classes. Details will be given by the teacher in the first e-mail. Before starting the classes, the student is required to read the Regulations on the Didactics of the Centre of Physical Education and Sport regarding the remote work.

W systemie pracy stacjonarnej zajęcia odbywają się w czasie rzeczywistym raz w tygodniu na obiektach sportowych UŁ. Tematyka zajęć i szczegóły zaliczenia przedstawi prowadzący na pierwszym spotkaniu. Termin zajęć można wybrać inny niż sugerowane przedziały czasowe w tabelach powyżej.

In the stationary work system, classes are held in real time once a week at the sports facilities of the University of Lodz. The subject of the classes and the details of the crediting will be presented by the teacher at the first meeting. The date of the classes can be selected other than the time slots suggested in the tables above.

ATTENTION!

1. The student can choose one of the 16 disciplines proposed by the Centre of Physical Education and Sport. The student registers for selected classes, guided by their interests (see the description of the subject), to a group run remotely or stationary, depending on the instructions of their faculty. Each group in a token registration is described by a form.

2. 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.**

3. The Centre of Physical Education and Sport of the University of Lodz waives the completion of the course with a medical certificate. 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, rehabilitation groups, yoga, relaxation exercises. In case of doubt, you can use the medical certificate form to obtain a doctor's advice on which classes the student should enroll in, or to which semester / academic year to transfer the classes. A **form** filled out by a doctor **with the option to move classes to the next semester /**

academic year should be delivered to the DEAN'S OFFICE OF YOUR FACULTY. At the student's request, the form will be sent by e-mail (studiumwfis@uni.lodz.pl)

5. A student with a certificate of disability may obtain a credit for the course without the need to participate in classes. In that case they do not register for physical education classes, but send a scan of the certificate to the address: studiumwfis@uni.lodz.pl

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. **In the description of each group you will find the information whether it is an on-line or stationary group.**
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.