**PHYSICAL EDUCATION RULES 2016/2017**

**1st year                               4 bicycle trips (3 out of 4 in each semester are obligatory to receive Credit)**

**2nd year**                              4 bicycle trips (3 out of 4 in each semester are obligatory to receive Credit)

10 seats: swimming pool (Uniwersytet Ekonomiczny swimming pool, ul Rakowicka 27), Friday 17.30 -18.15 (10 swimming sessions in semester are obligatory to receive Credit)

5 seats:  Volleyball (JU MC Studium Sportu i Wychowania Fizycznego, ul. Badurskiego 19) Wednesday, 17.30 – 19.00 (10 exercices sessions in semester are obligatory to receive Credit)

5 seats:  Floorball  (JU CM Studium Sportu i Wychowania Fizycznego, ul. Badurskiego 19) Thursday, 17.30 – 19.00 (10 exercices sessions in semester are obligatory to receive Credit)

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**3rd year** 4 bicycle trips (3 out of 4 in each semester are obligatory to receive Credit)

10 seats: swimming pool (Uniwersytet Ekonomiczny swimming pool, ul Rakowicka 27), Tuesday, 21.15 – 22.00 and Friday 18.15 - 19.00 (10 swimming sessions in semester are obligatory to receive Credit)

5 seats:  Volleyball (JU MC Studium Sportu i Wychowania Fizycznego, ul. Badurskiego 19) Wednesday, 17.30 – 19.00 (10 exercices sessions in semester are obligatory to receive Credit)

5 seats:  Floorball  (JU CM Studium Sportu i Wychowania Fizycznego, ul. Badurskiego 19) Thursday, 17.30 – 19.00 (10 exercices sessions in semester are obligatory to receive Credit)

Participation in three bike trips (out of four) per semester is obligatory. Missed bike trips can be made up for through participation in: bike competition, swimming competition, skiing competition or tennis competition.

**4 th year** 4 bicycle trips (3 out of 4 in each semester are obligatory to receive Credit)

10 seats: swimming pool (Uniwersytet Ekonomiczny swimming pool, ul Rakowicka 27), Tuesday, 21.15 – 22.00 and Friday 18.15 - 19.00 (10 swimming sessions in semester are obligatory to receive Credit)

5 seats:  Volleyball (JU MC Studium Sportu i Wychowania Fizycznego, ul. Badurskiego 19) Wednesday, 17.30 – 19.00 (10 exercices sessions in semester are obligatory to receive Credit)

5 seats:  Floorball  (JU CM Studium Sportu i Wychowania Fizycznego, ul. Badurskiego 19) Thursday, 17.30 – 19.00 (10 exercices sessions in semester are obligatory to receive Credit)

Participation in three bike trips (out of four) per semester is obligatory. Missed bike trips can be made up for through participation in: bike competition, swimming competition, skiing competition or tennis competition.

**What can be done instead to receive Credit:**

**1st, 2nd, 3rd and 4th year**

**-** 15.10.2016: 5 km running: for participating in the race, possibility to pass two biking, cheering for the runners the opportunity to pass 1 cycling tour

- running Kraków Marathon (1 semester off)

- training as a member of sport team\* (all semesters off)

- 2nd, 3rd and 4th year students can attend sport team: Volleyball Wednesday 17.30-19.00 and Floorball Thursday 17.30-19.00 (10 sessions in semester are obligatory instead bicycle trips)

- participating in competition: skiiyng, swimming Decemberber 2, 2016 (instead of 1 bicycle trip), tennis May 2017 (instead of 1 bicycle trip)

 \*sport teams available in JU MC: volleyball, basketball, tennis, athletics, swimming, football, futsal, rowing ergometr, table tennis, skyiing (no training sessions, only competitions), sayiling (no training sessions, only competitions).

Please, contact  **Ms dr Dorota Palik, PhD, Physical Education coordinator** to be a member of sport team:

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