

TOKEN REGISTRATION FOR PHYSICAL EDUCATION CLASSES in the winter semester 2022/2023

starts on the 26th September 2022 at 9.00 a.m.

and finishes on the 14th October 2022 at midnight.

PE classes start on the 4th October 2022 although the registration will be open longer.

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** and are **in a stationary form**.

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.

1. PE classes are compulsory and in a stationary form.
2. They take place once a week and are 90 minutes long.
3. At each faculty PE classes are scheduled on a specific day (see the table below). However, the date of the classes can be selected other than the time slots suggested in the table.
4. Students of **Tourism and Recreation, Sport Pedagogy** and **Physical and Health Education do not take part in the registration.**

ATTENTION!

1. 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.**

2. The Department of Physical Education and Sport at 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.

3. The student can choose one of the 16 disciplines ranging from intensive sports activities to pro-health classes.

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) or is available on the website: (www.swfis.uni.lodz.pl) in „Regulaminy i inne dokumenty” tab.

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. However, those students are encouraged to take part in PE classes especially designated for them such as rehabilitation groups.

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

The table below presents time slots reserved for PE classes by each faculty in the winter semester 2022/2023 (in your timetables there should be no other classes at that time):

Monday

Faculty of Economics and Sociology: Economics, Spatial Management, Investments and Real Estates, Logistics, Social Works and Sociology	7.30 - 18.00
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
Philology Faculty (except for Polish Philology)	10.30 - 16.30
Faculty of Philosophy and History: History of art	13.30 - 18.00
Faculty of Law and Administration: Law	15.00 - 18.00

Wednesday

Faculty of Educational Sciences: Psychology	7.30 - 12.00
Faculty of Law and Administration: Administration	15.00 - 18.00

Thursday

Faculty of Law and Administration: Social Policy	7.30 - 10.30
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	7.30 - 12.00

Friday

Faculty of Philosophy and History: History and Military Science, Archaeology	7.30 - 16.30
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	7.30 - 16.30
Philology Faculty: Polish Philology, Logopaedics, Russian, Slavic Studies	10.30 - 15.00

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.
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.
9. You can choose any PE group you want, in a different time slot than that reserved by your faculty as long as it does not interfere with other classes you attend.
10. In the token registration for PE classes the rule: *first come, first served* applies.