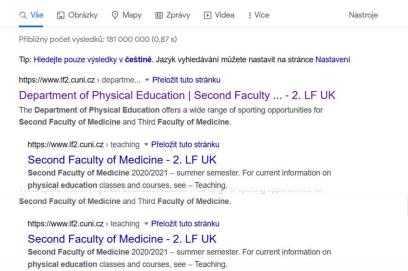


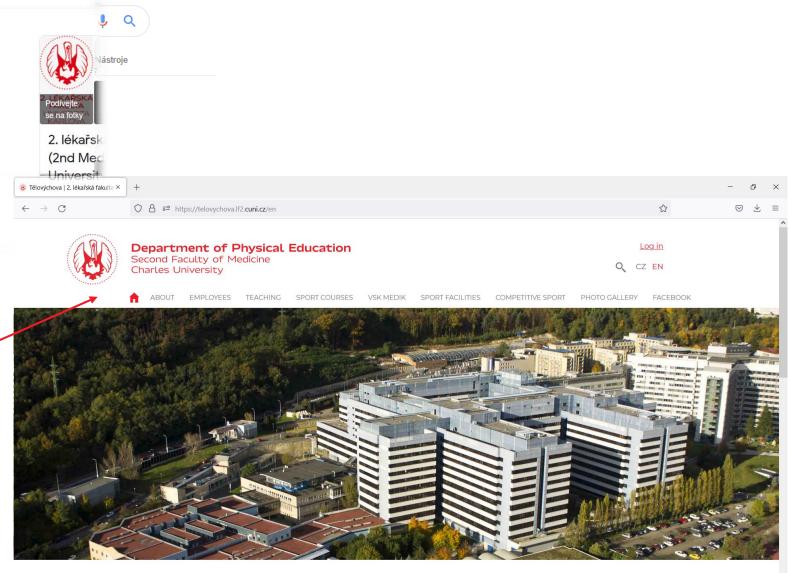
INFORMATION ABOUT PE AND SPORT FOR INTERNATIONAL STUDENTS of Second Faculty of Medicine

Department of Physical Education Second Faculty of Medicine Charles University



Access to our website:

- 1. Google the department
- 2. Choose the first option
- 3. Browse the info:
 - News
 - Contacts
 - Registration to PE and Courses
 - Sport facilities
 - Facebook
 - Etc.







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General information 1st – 6th year of study

PE in General Medicine is optional

- 3 credits for each item (OS PE, semestral course, course) per semester
 - Possibility to enrol in any of them repeatedly each year of study

- Requirements for completing subjects:
 - Active participation
 - Minimum 11 attendances per semester for OS Physical Education
 - Other optional subjects according to the particular lecturer



Credit Sports Courses on offer

subjects optional 11 05

OS Physical Education and semestral courses

Winter sport courses – general or specialized

Summer sport courses — general or specialized

Special all-year-round-organized courses (in coop with VSK Medik Club \downarrow)





List of Optional Subjects in SIS

OS - Reducing and fitness course	OS - Summer sport course - general
OS - Cycling course	OS - Summer sport course - general
OS - Canoeing course	OS - Sports games
OS - Climbing course	OS - Physical Education - (more options in "kolweb")
OS - Increasing physical ability	OS - Health Physical Education
OS - Golf course	OS - Self defense course
OS - Pilates course	OS - Competitive ice hockey
OS - Dancing course	OS - Course for non-swimmers or swimmers - beginners
OS - Tourism Exploring Prague and surroundings	OS - Physical Education in Primary Prevention I
OS - Preparatory course I. for obtaining a license: Water Rescue - Lifeguard	OS - Physical Education in Primary Prevention II
OS - Rescue Course - obtaining a license: Water Rescue - Lifeguard	OS - Winter Sports Course - general
OS - Competitive swimming	OS - Winter Sports Course - cross country skiing (XC)
OS - Competitive voleyball	OS - Winter Sports Course - snowboarding
OS - Summer sport course - specialized	OS - Winter Sports Course - skitouring
OS - Summer sport course - general	OS - Winter Sports Course - downhill skiing



Registration of subjects/courses

All subjects are registered via SIS from 13th of September

- If you choose OS Physical Education (in SIS), next step is enrollment of particular sport via our web application "kolweb":
 - Login details are the same as for SIS and CAS
 - Choose a sport you want to attend
 - Click on "ZAPSAT" (ENROLL)



All info including link to the web application can be found at our web site



Winter sport courses 2023

GENERAL

Erlebach I	15th – 20th Jan
Vak I	22nd – 27th Jan
Vak II	29th Jan – 3rd Feb
Erlebach II	29th Jan – 3rd Feb
Leisacherhof (Austria)	5th – 12th Feb

Registration from **17th October 2022 at 10:00 a.m.** via <u>"kolweb"</u> web application.

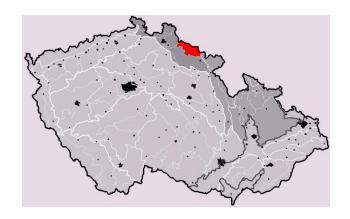


SPECIALIZED

Downhill skiing, cross country skiing, snowboarding, ski touring





















Summer sport courses 2023 - general

Dobronice I	13th – 20th August 2023
Dobronice II	20th - 27th August 2023

- registration during the spring 2023
- wide range of sports and activities
- accommodation in woden cabins
- full-board of food
- transport from and back to Prague



SPECIALIZED

- all-year-round-organized courses: hiking, cycling, canoeing, ski touring etc.
- usually on weekends type B courses













VSK Medik Club

- Sport club for academic community of 2nd and 3rd Faculty of Medicine
- Close cooperation with our department
- Organizer and financial supporter of sport activities, envents, courses
- Membership allows you participating in all events with little discount, free use of equipment for some sports and professional guidance
 - 200 CZK per calendar year (instructions for payment at our website)
- For obtaining credits all-year-round-organized sport courses you need to complete one 6-days course (type A) or two 3-days courses (type B) – list of courses on our <u>website</u>



Hostivar Sports Centre – SC UK









• Bruslarska St. 10, Prague 10 – bus stop GERCENOVA



External Sport Facilities

- climbing wall, bouldering "Pod Juliskou"
- shipyard "Malá Chuchle"
- Studio SUN
- Self-defence Sport Centre CKS Zizkov
- Golf Centre Hodkovicky
- Squash Centre Strahov





Course fee is required at external sport facilities (!)











Contacts

Academic staff and researchers	
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Secretariat	
Hana Hiršalová	hana.hirsalova@lfmotol.cuni.cz





We are excited to move together!

We are open to new suggestions and feedback. If you have any questions do not hesitate to contact us!

General issues regarding physical education and sport can be consulted with our sport coordinator for international students Mgr. Michael Janek - michael.janek@lfmotol.cuni.cz

Department of Physical Education