



Univerza v Ljubljani
**FILOZOFSKA
FAKULTETA**

GUIDELINES FOR PHYSICAL EDUCATION AND HUMANITIES AT FACULTY OF ARTS

Physical Education and Humanities at the Faculty of Arts counts as 5 ECTS credits and is generally offered as an elective subject; this is not connected to the subject authorised at the Office for extracurricular activities University of Ljubljana (COD), which counts as 3 ECTS credits.

1. HOW TO APPLY FOR »PHYSICAL EDUCATION AND HUMANITIES«?

Students should apply for the Physical Education and Humanities course at the departmental secretary's office. Your application automatically registers you for theoretical part lectures. You have three options to apply for in (Bologna)

Level I studies (choose the dates of lectures - summer semester only, or winter semester only):

- 1) SH - Selected topics in Sociology of Sport I
- 2) SH - Selected topics in the Philosophy of Sport
- 3) SH - Physical Training and selected topics in Sport Medicine and two options in (Bologna)

Level II studies:

- 1) SH - Selected topics in Sport History
- 2) SH - Selected topics in Sociology of Sport II

2. HOW TO APPLY FOR THE PRACTICAL PART OF THE COURSE?

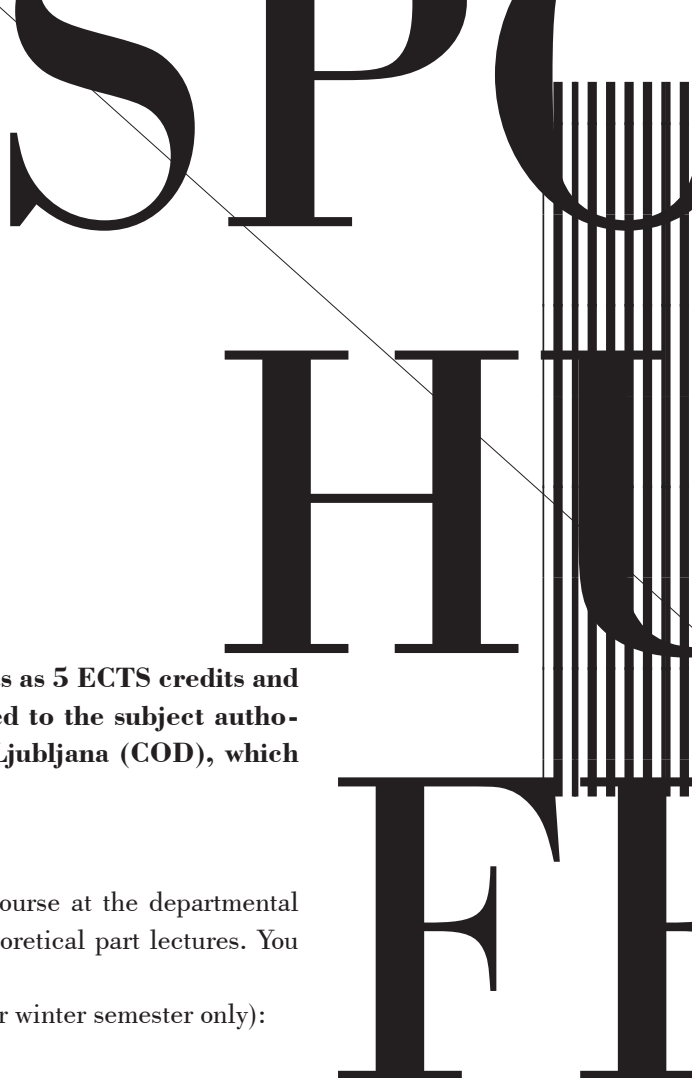
Students should apply for the practical part of the »Physical Education and Humanities« course using the VIS system. Students can choose any sport that is available for selection on the VIS system. Applications must be completed by the end of October each year; the number of places is limited. Inquiries about course structure should be sent to Physical Education lecturers by e-mail.

3. STUDENT REQUIREMENTS FOR THEORETICAL PART OF THE COURSE

After completing the theoretical part lectures (all the lectures are in slovenian language), students are required to take exams at the Faculty of Arts. A separate application for the theoretical part is not necessary. The theoretical part consists of one part (choose lectures taking place only in the winter semester, or only in the summer semester). Dates of theoretical part lectures can be found on the TIMETABLE and are published on the Physical Education division website (<http://www.ff.uni-lj.si/sport/1/Erasmus-students.aspx>). Two sets of lectures are scheduled so that students have more choices to select a date. For those students who want to take the exam in english language it is required to contact professor Maja Krpan Božič (maja.krpanbozic@ff.uni-lj.si) for student obligation and literature.

4. STUDENT REQUIREMENTS FOR THE PRACTICAL PART OF THE COURSE

Students must attend the practical parts of the course in both semesters, a minimum of 10 attendances in each semester, or **20 attendances** for the year (the number of attendances is a prerequisite for acceptance into the practical part of the exam). Exceptions for other formats and outdoor activities are permitted. Students can only combine different sports with the agreement of the lecturers.





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5. HOW DO I APPLY FOR THE PRACTICAL PART EXAM AND HOW DO I GET FINAL COURSE ASSESSMENT?

Students should apply for the practical part exam using the VIS system, whenever possible. The specified dates for performing the practical part of the course are the last two weeks of the academic year (end of May and beginning of June, respectively). The course lecturer, for whom the student will perform the practical part, is responsible for the final assessment (theory - 50% and practical - 50%) and enters the results into the system - access without registration is not possible.

5. KAKO SE PRIJAVIM NA PRAKTIČNI DEL IZPITA IN KAKO DOBIM KONČNO OCENO IZ PREDMETA?

Na praktični del izpita se študent prijavi preko sistema Vis, ko je to mogoče. Razpisani termini za opravljanje praktičnega dela predmeta so zadnja dva tedna v študijskem letu (konec meseca maja oz. začetek meseca junija). Predavatelj, pri katerem študent opravlja praktični del, je zadolžen, da končno oceno (teorija – 50 % in praksa – 50 %) iz predmeta vnese v sistem – brez prijave vnosi ni mogoč.

FF –SCHEDULE OF SPORTS ACTIVITIES 2017/18			
Day	Time	Place	Professor
AEROBICS 60,00 € (all year)			
Tuesday	18.30 – 20.00	Hall Tivoli	Jerman Šenica
Thursday	20.00 – 21.30	Hall Tivoli	Jerman Šenica
AEROBICS ZUMBA 60,00 € (all year)			
Tuesday	18.00 – 19.00	Hall SUAŠ	Krpan Božič
FIT TNZ 60,00 € (all year)			
Tuesday	9.00 – 10.30	Hall Rožna dolina	Krpan Božič
Thursday	9.00 – 10.30	Hall Rožna dolina	Krpan Božič
WATER AEROBICS FREE OF CHARGE			
Monday	20.30 – 21.30	Swimming Pool Tivoli	Jerman Šenica
FITNESS 60,00 € (all year)			
Tuesday	16.00; 17.00	Fitnes Tivoli	Jerman Šenica
Wednesday	14.00; 15.00; 16.00	Fitnes Tivoli	Jerman Šenica
FUNCTIONAL TRAINING 60,00 € (all year)			
Tuesday	10.30 – 12.00	Hall Rožna dolina	Krpan Božič
BE FIT 60,00 € (all year)			
Wednesday	12.00 – 13.30	Hall Rožna dolina	Krpan Božič
JOGGING FREE OF CHARGE			
Thursday	10.30 – 12.00	Hall Rožna dolina	Močnik
YOGA I (Eva Hönn) 60,00 € (all year)			
Monday	20.00 – 21.30	Hall Tivoli	Hribar
Wednesday	09.00 – 10.30	Hall Rožna dolina	Hribar
Thursday	18.00 – 19.30	Hall Tivoli	Hribar
INTEGRAL YOGA (Nataša Petavs) 60,00 € (all year)			
Tuesday	20.00 – 21.30	Hall Tivoli	Jerman Šenica
NORDIC WALKING FREE OF CHARGE			
Friday	09.00 – 10.30	Mostec	Jerman Šenica



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FF –SCHEDULE OF SPORTS ACTIVITIES 2017/18			
Day	Time	Place	Professor
BASKETBALL			
FREE OF CHARGE			
Thursday	20.30 – 22.00 Team FF (f)	Hall SUAŠ	Training
Thursday	20.30 – 22.00 Team FF (m)	Hall SUAŠ	Training
Tuesday	13.30 – 15.00	Hall Rožna dolina	Močnik
Tuesday	16.30 – 18.00 female	Hall Rožna dolina	Močnik
Wednesday	10.30 – 12.00 male	Hall Rožna dolina	Hribar
Thursday	12.00 – 13.30 (m+f)	Hall Rožna dolina	Močnik
HIGH INTENSITY WORKOUT 60,00 € (all year)			
Tuesday	19.00 – 20.30	Hall SUAŠ	Krpan Božič
FOOTBALL			
FREE OF CHARGE			
Wednesday	18.00 – 19.00 Team FF	Hall SUAŠ	Training
Tuesday	15.00 – 16.30	Hall Rožna dolina	Močnik
Wednesday	12.00 – 13.30	Hall Rožna dolina	Hribar
Thursday	13.30 – 15.00	Hall Rožna dolina	Močnik
BADMINTON			
FREE OF CHARGE			
Wednesday	09.00 – 10.30	Hall Rožna dolina	Hribar
Thursday	12.00 – 13.30, 13.30 – 15.00	Hall Rožna dolina	Močnik
Friday	09.00; 10.30	Hall Rožna dolina	Hribar
VOLLEYBALL 1			
FREE OF CHARGE			
Monday	07.30; 9.00, 10.30	Hall Rožna dolina	Hribar
Wednesday	09.00; 10.30, 12.00	Hall Rožna dolina	Hribar
Friday	09.00; 10.30	Hall Rožna dolina	Hribar
PILATES			
60,00 € (all year)			
Monday	19.00 – 20.30	Hall SUAŠ	Krpan Božič
Wednesday	10.30 – 12.00	Hall Rožna dolina	Krpan Božič
SWIMMING			
60,00 € (all year)			
Wednesday	11.00; 12.00; 13.00	Swimming Pool Tivoli	Jerman Šenica
HIKING			
FREE OF CHARGE			
Friday	09.00 – 12.00	The area of Ljubljana	Močnik
DYNAMIC YOGA (Nataša Petavs)			
60,00 € (all year)			
Monday	18.30 – 20.00	Hall Tivoli	Jerman Šenica
ICE SKATING			
(paymant on the spot 2 € for a visit)			
Thursday	19.00 – 20.30	Ice Skating hall Tivoli	Jerman Šenica
OUTDOOR ACTIVITIES			
MOUNTAIN HIKING			
Schedule will be announced later	October 2017 – May 2018 Every first Saturday in month	Julian alps, Kamnik Alps, Karavank	Močnik
ALPINE SKIING			
From the beggining of the season			
Friday	8.00 – 14.00	Ski resort Krvavec	Močnik
PROGRAMS IN COOPERATION WITH CUS			
Rowing, Cross-country skiing, Diving, Rafting, Climbing, Backcountry skiing , Alpine skiing, Beach Volleyball	Schedule will be announced later		Močnik



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FF –SCHEDULE OF SPORTS ACTIVITIES 2017/18				
Day	Time	Place	Professor	
COURSES				
TAI JI PRICE 60,00 € (all year)				
Monday	16.30 – 18.00	Oš Franc Rozman Stane	Jeran Šenica	
Friday	16.30 – 18.00	Oš Franc Rozman Stane	Jeran Šenica	
BALL ROOM DANCE PRICE 120 €				
Whole year – Monday 19.00 – 20.30, Thursday 20.00–21.30		PEF	Krapan Božič	
SAILING PRICE 385,00 €				
October, November, February, March, April, May		Murter, CRO	Jeran Šenica	
TENNIS PRICE 150,00 €				
October 2017 – May 2018, Tuesday 14.00 – 15.30		Kleče	Jeran Šenica	
AIKIDO PRICE 60 €/semester				
October 2017 – May 2018, Tuesday 20.30 – 22.00		Center PREMIK, Neubergerjeva 9, Ljubljana	Jeran Šenica	
ROLLER SKATING PRICE 30,00 €				
April, 2018		Tivoli	Jeran Šenica	
CYCLING PRICE app. 2x40 €				
April, May 2018 (2x12 hours)		Koper – Kranjska Gora	Jeran Šenica	
ALPINE SKIING price will be announced later				
February 2018		Ski resort Kranjska Gora	Močnik	
STAND UP PADDLING PRICE 120,00 €				
May 2018		River Ljubljana	Močnik	
WINDSURFING PRICE 224,00 €				
May 2018		Pelješac – Viganj	Hribar	
KITESURFING PRICE 321,00 €				
May 2018		Pelješac – Viganj	Hribar	
THEORETICAL LECTURES OF PHYSICAL EDUCATION AND HUMANITIES			EXAME	
ŠH 1 – Selected topics in the Philosophy of Sport	Monday 18.00 – 21.15 WINTER SEMESTER	Lyceum 2, FF 20. 11; 27. 11. 2017	Lyceum 2, FF 4. 12. 2017	Red. Prof. Dr.Lev Kreft
ŠH 1 – Selected topics in the Philosophy of Sport	Monday 18.00 – 21.15 SUMMER SEMESTER	Lyceum 18, FF 19. 2.; 26. 2. 2018	Lyceum 18, FF 5. 3. 2018	Red. Prof. Dr.Lev Kreft
ŠH 1 – Selected topics in the Sociology of Sport 1	Monday 18.00 – 21.15 WINTER SEMESTER	Lyceum 2, FF 11. 12.; 18. 12. 2017	Lyceum 2, FF 8. 1. 2018	Red. Prof. Dr. Mojca Doupona Topič
ŠH 1 –Selected topics in the Sociology of Sport 1	Monday 18.00 – 21.15 SUMMER SEMESTER	Lyceum 18, FF 9. 4.; 16. 4. 2018	Lyceum 18, FF 23. 4. 2018	Red. Prof. Dr. Mojca Doupona Topič
ŠH 2 – Selected topics in the Sociology of Sport 2	Monday 18.00 – 21.15 SUMMER SEMESTER	Lyceum 18, FF 7. 5.; 14. 5. 2018	Lyceum 18, FF 21. 5. 2018	Red. Prof. Dr. Mojca Doupona Topič
ŠH 1 –Selected topics in Sport Medicine	Monday 18.00 – 21.15 WINTER SEMESTER	Lyceum 2, FF 9. 10.; 16. 10. 2017	Lyceum 2, FF 23. 10. 2017	Red. Prof. Dr. Jože Vidmar
ŠH 1 – Selected topics in Sport Medicine	Monday 18.00 – 21.15 SUMMER SEMESTER	Lyceum 18, FF 12. 3.; 19. 3. 2018	Lyceum 18, FF 26. 3. 2018	Red. Prof. Dr. Jože Vidmar
ŠH 2 – Selected topics in Sport History	Monday 18.00 - 21.15 WINTER SEMESTER	Lyceum 2, FF 6. 11.; 13. 11. 2017	Lyceum 2, FF 15. 1. 2018	Doc. Dr.Tomaž Pavlin



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SCHEDULE OF CONSULTATION HOURS			
Pred. Metka Jerman Šenica	metka.jermansenica@ff.uni-lj.si	Wednesday 09.00–10.00	Office 010
Pred. Aleš Močnik	ales.mocnik@ff.uni-lj.si	Tuesday 08.00–09.00	Office 010
Pred. Gregor Hribar	gregor.hribar@ff.uni-lj.si	Monday 12.30–13.30	Office 010
Pred. Maja Krpan Božič	maja.krpanbozic@ff.uni-lj.si	Thursday 11.00–12.00	Office 010

ALL STUDENTS ARE WELCOME TO THEORY LECTURES!

FF students can apply through the VIS system, which will be open from 21.9.2017 until 31.10.2017 for the winter semester, and from 01.02.18 until 28.02.2018 for the summer semester. All students of other faculties should arrange applications for physical activities with the lecturers by email. The costs for fee-paying courses are set for the whole year. Bills for all registered students will be distribute on sports activities in each semester. In the period that the VIS system is open for applications, it is also possible to unapply from courses. Prices do not include VAT. VAT is only charged to those who are not students of the Faculty of Arts or did not choose sports activities through the Physical Education and Humanities course.

Training and lectures begin on 9.10.2017 for the winter semester, and 19.02.2018 for the summer semester.

More information on the website: <http://www.ff.uni-lj.si/sport/1/Erasmus-students.aspx>