

## **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:

Level I studies:

- 1) SH - Selected Chapters from Sociology of Sport I
- 2) SH - Selected Chapters from Philosophy of Sport
- 3) SH - Body Practice of Selected Topics in Medicine and Prevention

Level II studies:

- 1) SH - Selected Chapters from History of Sport
- 2) SH - Selected Chapters from Sociology of Sport II

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

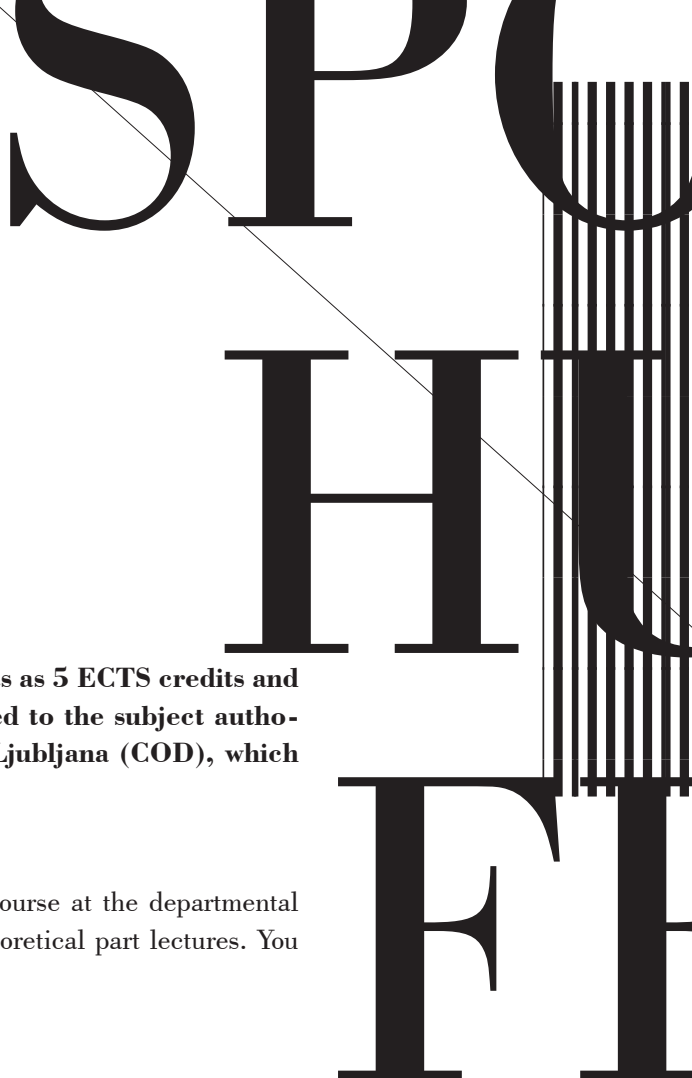
Students should apply for the practical part of the »Physical Education and Humanities« course using the VIS system. Students can choose any sport that is available for selection on the VIS system. Applications must be completed by the end of October each year; the number of places is limited. Inquiries 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>). 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](mailto: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.

FF –SCHEDULE OF SPORTS ACTIVITIES 2019/20			
Day	Time	Place	Professor
<b>AEROBICS</b> 60,00 € (all year)			
Tuesday	18.30 – 20.00	Hall Tivoli	Ravbar
Thursday	20.00 – 21.30	Hall Tivoli	Ravbar
<b>AEROBICS ZUMBA</b> 60,00 € (all year)			
Wednesday	18.00 – 19.00	Hall SUAŠ	Ravbar
<b>FIT TNZ</b> 60,00 € (all year)			
Tuesday	9.00 – 10.30	Hall Rožna dolina	Krpan Božič
Thursday	9.00 – 10.30	Hall Rožna dolina	Krpan Božič
<b>CORE ENERGY</b> 60,00 € (all year)			
Thursday	18.30 – 20.00	Hall Tivoli	Ravbar
<b>CARDIO</b> 60,00 € (all year)			
Wednesday	19.00 – 20.30	Hall SUAŠ	Ravbar
<b>AEROBOX</b> 60,00 € (all year)			
Wednesday	20.30 – 22.00	Hall SUAŠ	Ravbar
<b>PUMP (workout with weights)</b> 60,00 € (all year)			
Thursday	10.30 – 12.00	Hall Rožna dolina	Ravbar
<b>WATER AEROBICS</b> FREE OF CHARGE			
Monday	20.30 – 21.30	Swimming Pool Tivoli	Jerman Šenica
<b>FITNESS</b> 60,00 € (all year)			
Tuesday	16.00; 17.00	Fitnes Tivoli	Jerman Šenica
Wednesday	13.00; 14.00; 15.00	Fitnes Tivoli	Jerman Šenica
<b>FUN &amp; VIV</b> 60,00 € (all year)			
Tuesday	10.30 – 12.00	Hall Rožna dolina	Krpan Božič
<b>BE FIT</b> 60,00 € (all year)			
Wednesday	12.00 – 13.30	Hall Rožna dolina	Krpan Božič
<b>JOGGING</b> FREE OF CHARGE			
Thursday	10.30 – 12.00	Hall Rožna dolina	Močnik
<b>YOGA</b> 60,00 € (all year)			
Monday	20.00 – 21.30	Hall Tivoli	Jerman Šenica
Wednesday	09.00 – 10.30	Hall Rožna dolina	Ravbar
<b>INTEGRAL YOGA (Nataša Petavs)</b> 60,00 € (all year)			
Tuesday	20.00 – 21.30	Hall Tivoli	Jerman Šenica
<b>NORDIC WALKING</b> FREE OF CHARGE			
Friday	09.00 – 10.30	Mostec	Jerman Šenica
<b>HIGH INTENSITY WORKOUT</b> 60,00 € (all year)			
Monday	17.30 – 19.00	Hall SUAŠ	Ravbar
<b>SOLO SALSA</b> 60,00 € (all year)			
Monday	20.30 – 22.00	Hall SUAŠ	Ravbar



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FF – SCHEDULE OF SPORTS ACTIVITIES 2019/20			
Day	Time	Place	Professor
<b>BASKETBALL</b>			
FREE OF CHARGE			
Wednesday	20.30 – 22.00 Team FF (f)	Hall SUAŠ	Training
Wednesday	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
<b>FOOTBALL</b>			
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
<b>BADMINTON</b>			
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
<b>VOLLEYBALL</b>			
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
<b>PILATES</b>			
60,00 € (all year)			
Monday	19.00 – 20.30	Hall SUAŠ	Krpan Božič
Wednesday	10.30 – 12.00	Hall Rožna dolina	Krpan Božič
<b>SWIMMING</b>			
60,00 € (all year)			
Wednesday	11.00; 12.00	Swimming Pool Tivoli	Jerman Šenica
<b>HIKING</b>			
FREE OF CHARGE			
Friday	09.00 – 12.00	The area of Ljubljana	Močnik
<b>DYNAMIC YOGA (Nataša Petavs)</b>			
60,00 € (all year)			
Monday	18.30 – 20.00	Hall Tivoli	Jerman Šenica
<b>ICE SKATING</b>			
(paymant on the spot 2 € for a visit)			
Thursday	19.00 – 20.30	Ice Skating hall Tivoli	Jerman Šenica
<b>OUTDOOR ACTIVITIES</b>			
<b>MOUNTAIN HIKING</b>			
Schedule will be announced later	October 2019 – May 2020 Every first Saturday in month	Julian alps, Kamnik Alps, Karavank	Močnik
<b>ALPINE SKIING</b>			
From the begginig of the season			
Friday	8.00 – 14.00	Ski resort Krvavec	Močnik
<b>COURSES</b>			
<b>SAILING</b>			
price will be announced later			
April, may 2020		Jezerca Murter, HR	Jerman Šenica
<b>ROLLER SKATING</b>			
PRICE 30,00 €			
May, 2020		Tivoli	Ravbar
<b>CYCLING</b>			
PRICE app. 2x40 €			
May, June 2020		The area of Ljubljana	Jerman Šenica
<b>ALPINE SKIING</b>			
price will be announced later			
February 2020		Ski resort Kranjska Gora	Močnik



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THEORETICAL LECTURES OF PHYSICAL EDUCATION AND HUMANITIES			EXAME	
ŠH 1 – Selected Chapters from Philosophy of Sport	Monday 18.00 – 21.15 WINTER SEMESTER	Lyceum 2, FF – 7. 10; 14. 10. 2019	Lyceum 2, FF 21. 10. 2019	Red. prof. dr. Lev Kreft; red. prof. dr. Olga Markič
ŠH 1 – Selected Chapters from Sociology of Sport I	Monday 18.00 – 21.15 WINTER SEMESTER	Lyceum 2, FF – 15. 11.; 2. 12. 2019	Lyceum 2, FF 16. 12. 2019	Red. prof. dr. Mojca Doupona Topič
ŠH 2 – Selected Chapters from Sociology of Sport II	Monday 18.00 – 21.15 SUMMER SEMESTER	Lyceum 18, FF – 30. 3.; 6. 4. 2020	Lyceum 18, FF 13. 4. 2020	Red. prof. dr. Mojca Doupona Topič
ŠH 1 – Body Practice of Selected Topics in Medicine and Prevention	Monday 18.00 – 21.15 WINTER SEMESTER	Lyceum 2, FF 18. 10.; 4. 11. 2019	Lyceum 2, FF 11. 11. 2019	Doc. dr. Vedran Hadžić, dr. med.
ŠH 2 – Selected Chapters from History of Sport	Monday 18.00 - 21.15 SUMMER SEMESTER	Lyceum 18, FF – 9. 3. 2020; 16. 3. 2020	Lyceum 18, FF 23. 3. 2020	Doc. dr. Tomaž Pavlin, doc. dr. Peter Mikša

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.močnik@ff.uni-lj.si	Tuesday 11.00–12.00	Office 010
Pred. Gregor Hribar	gregor.hribar@ff.uni-lj.si	Monday 12.00–13.00	Office 010
Pred. Maja Krpan Božič	maja.krpanbozic@ff.uni-lj.si	Thursday 11.00–12.00	Office 010
Ana Ravbar	ana.ravbar@ff.uni-lj.si	Wednesday 12.00–13.00	Office 010

### ALL STUDENTS ARE WELCOME TO THEORY LECTURES!

FF students can apply through the VIS system, which will be open from 16. 9. 2019 until 20. 10. 2019. 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 sent on e-mail 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 Sport and Humanities course.

Training and lectures begin on 7. 10. 2019 for the winter semester, and 17. 2. 2020 for the summer semester.

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