

*Vrazov trg 2*

*1000 Ljubljana*

E-mail: international.erasmus@mf.uni-lj.si

Telephone.: 00386 1 543 7801

International relation office

*University of Ljubljana*

*Faculty of Medicine*

**SPORTS EDUCATION 2020/21**

Description of exercises and schedule instructions

**ENDURANCE TRAINING - RUN (Monday, Thursday from 4.30 pm to 5.30 pm):**

* Training is intended for beginners, more advanced and good runners.
* **THE BEGINNING OF EXERCISE FOR THURSDAY GROUP IS ALREADY on Thursday, 8. 10.**
* We gather in front of the Faculty of Sports.
* You need suitable clothes (take into account the weather) and RUNNING SHOES for training.
* **It is not possible to use changing rooms.**
* Since the exercise takes place outdoors, we will take care of the SAFE DISTANCE BETWEEN THE TRAINERS and follow the safety recommendations when arriving and leaving the exercise.
* You will receive all additional instructions in the first hour.

**»Sem IN, zdravo ŽIVIM« - pilot project (Tuesday, from 19.00 to 20.00):**

* 10-week training is intended for students who are ready to practice in addition to training in the gym once a week and 3 times a week with the help of the application independently at home (3 x 30 min.).
* At the beginning, the individual included in the program chooses a personal goal that is related to improving health-related behavior (eg, improving eating habits, fitness, increasing the amount of weekly physical activity, changing body composition, etc.). Depending on the chosen goal, he is then, in accordance with the recommendations of the profession, systematically directed to his chosen goal.
* Included in the program also has an unlimited opportunity to use the online application, in which each week is given a task to improve health-related behavior. The task is consistent with his chosen goals. Before completing the task, the person included in the web application also receives guidelines on how to perform this task, as well as access to a video of the exercise.
* **COMPULSORY INTRODUCTORY MEETING FOR ENROLLED** (20 students) AND OTHER INTERESTED STUDENTS WHO FAILED TO ENROLL IS ON **THURSDAY, 8.10. at 19.00 at the FACULTY OF SPORTS** (gathering in front of the main entrance of the Faculty of Sports).
* The students involved will not only be participants in the pilot project, you are expected to participate as program evaluators. You will contribute to the development of the program with your observations and suggestions at the end.
* **At the beginning of the practice, 13. 10., we gather on the first floor of the Faculty of Sports in front of classroom A at 18.40**
* You need sports equipment and CLEAN sneakers to exercise. I recommend coming in sportswear and footwear that you will NOT use in the gym
* **It is not possible to use changing rooms.**
* When entering the faculty, you must wear a mask and disinfect your hands at the entrance. The mask is worn all the way to the entrance to the gym. Training in the gym takes place without a mask, taking into account a safe distance. Before leaving the gym, put on a mask, disinfect your hands and leave the facility within the prescribed distance.

**FUNCTIONAL EXERCISE-HIIT (Monday, from 19.00 to 20.00):**

* The exercise takes place in the right half of the Mangart Hall.
* It is not possible to register for a training group during training.
* **Exercise (demonstrator only) can also be monitored on line (Zoom).**
* You need sports equipment and CLEAN sneakers to exercise. I recommend coming in sportswear and footwear that you will NOT use in the gym!
* **Bring your own matress or towel.**
* It is not possible to use changing rooms.
* When entering the faculty, you must wear a mask and disinfect your hands at the entrance. The mask is worn all the way to the entrance to the gym. Training in the gym takes place without a mask, taking into account a safe distance. Before leaving the gym, put on a mask, disinfect your hands and leave the facility within the prescribed distance.

**AEROBICS (Thursday, 19:00 to 20:00):**

* The exercise takes place in the right half of the Mangart Hall.
* It is not possible to register for a training group during training.
* **It will be possible to follow the exercise (only the demonstrator) on line (Zoom).**
* You need sports equipment and CLEAN sneakers to exercise. I recommend coming in sportswear and footwear that you will NOT use in the gym!
* **Bring your own matress or towel.**
* It is not possible to use changing rooms.
* When entering the faculty, you must wear a mask and disinfect your hands at the entrance. The mask is worn all the way to the entrance to the gym. Training in the gym takes place without a mask, taking into account a safe distance. Before leaving the gym, put on a mask, disinfect your hands and leave the facility within the prescribed distance.

**SWIMMING (Monday, Tuesday, all groups):**

* It is not possible to register for a training group during training.
* You need swimming goggles for guided training, boys in all training groups must wear a classic swimsuit (and not shorts).
* When entering the faculty, you must wear a mask and disinfect your hands at the entrance. The mask is worn all the way to the pool reception, in the dressing room and to the entrance to the pool. Before leaving the pool area, we put on a mask, which we wear until we leave the premises of the Faculty of Sports. We always observe the prescribed safety distance.

**ROŽNA DOLINA - all groups:**

* ENTRY INTO THE HALL:
	+ When entering the Sport hall Rožna dolina, it is mandatory to wear a mask correctly, which you must wear at all times until the beginning of the exercise, and you can put it among your personal equipment during the exercise.
	+ Disinfect your hands when entering.
	+ Entry into the gym is possible 15 minutes before the start of the workout, exclusively for the workout for which you are registered. Exercises start exactly at the time specified in the program, entry is not possible after the start. Also, leave the hall no later than 15 minutes after the end of the program.
	+ When entering the hall, fill in the data in the records of gathering participants at events for the needs of the NIJZ (students who come to the member program do not need to fill this in, as the records are kept for you by sports pedagogues).
	+ At all times while you are in the hall, ensure an adequate safety distance with others present, we recommend 1.5 m-2 m.
* WARDROBES, SANITARY FACILITIES, SHOWERS
	+ There are wardrobes that are regularly disinfected. Be sure to take the key to the receptionist after use.
	+ The use of showers is not allowed.
	+ We do not recommend the use of hand dryers.
	+ Rinse the toilet bowls with the lid covered to prevent droplets from entering the air.
* USE OF SPORTS AIDS - The use of common sports aids during exercise is not permitted.
* EXCEPTION:
	+ fitness equipment that must be disinfected before and after use.
	+ Use your own pillow for exercise (if you don't have one, you can use ours, which you put in a marked place where you will disinfect it after use).
	+ We also advise you to use your own as much as possible for other sports equipment. Do not exchange tools during exercise.
	+ Ball sports (basketball, volleyball, football) are not allowed at this time. Between individual programs, we will ventilate the large hall, fitness and dance hall for 30 minutes (each individual room).

 Ksenija Filipič Jeras

 ksenija.filipič-jeras@mf.uni-lj.si