

## Guidelines on Physical Education course (PE1, PE2, PE3) in 2022/2023 winter semester

PE1 – 30 hours - gym

1. Classes take place at AGH Department of Sport and Physical Education (SWFiS AGH), ul. Piastowska 26A.
- 2. The first class is an organization meeting (as scheduled).**
3. On the first class, it is only required to bring spare indoor **sports shoes**. More information regarding the course will be provided on site.
4. While inside facilities of AGH Department of Sport and Physical Education (SWFiS AGH), current pandemic restrictions specified by the Ministry of Health ([www.gov.pl](http://www.gov.pl)).

PE2 – 15 hours – swimming pool

1. Classes take place at AGH Swimming Pool (Basen AGH), ul. Jana Buszka 4.
- 2. The first class is an actual practice in the pool (as scheduled).**
3. Before the first class, it is required to read carefully the regulations of AGH Swimming Pool [http://www.basen.agh.edu.pl/?page\\_id=82](http://www.basen.agh.edu.pl/?page_id=82)
4. As the classes begin promptly, it is recommended to arrive relatively early.
5. Each class lasts 45 minutes.
6. Once changed and wearing swimsuit, head for the pool hall and report to the Leading Teacher.
7. The swimwear approved for classes should consist of: one or two-piece costume for women, and **tight-fitting shorts or slippers for men**.
- 8. The swimming caps are obligatory without exceptions.**
9. While inside facilities of AGH Swimming Pool (Basen AGH), current pandemic restrictions specified by the Ministry of Health ([www.gov.pl](http://www.gov.pl)).

PE3 – 15 hours - gym

1. Classes take place at AGH Department of Sport and Physical Education (SWFiS AGH), ul. Piastowska 26A.
- 2. The first class is an actual practice in the gym (as scheduled).**
3. Before the first class, it is required to read carefully the regulations of AGH Department of Sport and Physical Education (SWFiS AGH) <https://www.swfis.agh.edu.pl/>
4. As the classes begin promptly, it is recommended to arrive relatively early.
- 5. It is obligatory to change and wear sports clothes and indoor sports shoes during classes.**
6. For sanitary reasons, it is recommended to bring own towels to wipe commonly-used surfaces, e.g. benches, mattresses, free weights.
7. While inside facilities of AGH Department of Sport and Physical Education (SWFiS AGH), current pandemic restrictions specified by the Ministry of Health ([www.gov.pl](http://www.gov.pl)).