

## **P9911 – PE – Outdoor activities distant**

### **Course requirements and instructions**

#### **Start of the course**

Choose your preferred outdoor activity and register in the respective seminar group - cycling, running/jogging, in-line skating, hiking/Nordic walking.

Install the mobile phone app STRAVA Run and Cycling Tracking. In the STRAVA app, search and apply for membership in the club MUNI. Each seminar group has its own club in STRAVA. If you use a nickname in the app, you have to inform the teacher by e-mail. Basic instructions for the STRAVA app are available in the Study materials.

Students are obligated to read the introduction, safety and technical requirements which are also available in the Study materials.

Students record their activities in the STRAVA app with their smartphone, smartwatch or other tracking devices. Students plan their activities, routes, duration, time by themselves. They can consult their plans with the teacher.

#### **To pass the course successfully, students have to:**

- complete all required activities, duration and distance from your chosen activity (list below) and record it correctly in the STRAVA app until the term given in syllabus of the course (spring 31.5., autumn 31.12.,)
- upload minimum 2 photos (1 photo for running) from each activity in two different locations on their route with their recognizable face (use STRAVA app to take pictures to save the location information)
- Do not "POST" activities in the given group on STRAVA. If you are join in the group on Strava, the activity will already be saved to the group, so it is not necessary to post it again.

#### **Students must complete the minimum total time OR distance for one of their chosen activity:**

- Cycling- min. 3x recorded activity, min. 20 h OR min.250 km total (eg 10x120min, 5x240min,...)
- Running / Jogging - min. 6x recorded activity, min. 20 hours OR min. 150 km run (eg runs 20x60min,...)
- Inline skating - min. 6x recorded activity, min.20 hours OR 200 km inline (eg inline 20x60min,...)
- Hiking / Nordic Walking - min.3x recorded activity, min.20h OR min.75 km walk (eg.5x15km,...), while minimum distance is 4km
- Outdoor mix - min. 20 hours of various activities, a combination of distances

The student informs the teacher by email when he has fulfilled all the requirements. Teacher will check it and give a credit.