

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 17.1.2021
- upload minimum 2 photos 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)
- Properly fulfilled activities are recognized by Kudos/likes or comments given by the teacher directly in the STRAVA app.

Students must complete the minimum total time and distance for one of their chosen activity:

- Cycling - min. 3x recorded activity, min. 16 h and min. 200 km in total (eg. 8x120min, 4x240min,...)
- Running / Jogging - min. 6x recorded activity, min. 12 hours and min. 100 km run in total (eg. runs 12x60min,...)
- Inline skating - min. 6x recorded activity, min.12 hours and 150 km inline in total (eg. inline 12x60min,...)
- Hiking / Nordic Walking - min.3x recorded activity, min.16h and min.60 km walk in total (eg.4x15km, 3x20km,,...)
- Outdoor mix - min. 16 hours of various activities, a combination of distances

Note: The teacher can take into account the recorded activity and intensity (eg. speed, track profile-climbed altitude meters,...) and possibly reduce the minimum total time/distance for the student.