



Univerza v Ljubljani  
*Filozofska* fakulteta

# 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 e-learning – PU for sport on website <https://e-ucenje.ff.uni-lj.si/>. Students can choose any sport that is available for selection on e-learning (Izbira športa 2022/23 –PRIJAVE). 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 (<https://sport.ff.uni-lj.si/>). 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) 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.

## 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.

<b>FF –SCHEDULE OF SPORTS ACTIVITIES 2022/23</b>			
<b>Day</b>	<b>Time</b>	<b>Place</b>	<b>Professor</b>
<b>YOGA 1 (Nataša Petavs)</b>			<b>60,00 EUR (all year)</b>
Tuesday	18.30–19.30	Hall Tivoli	Jerman Šenica
<b>FIT TNZ</b>			<b>60,00 EUR (all year)</b>
Tuesday	9.00–10.30	Hall Rožna dolina	Krpan Božič
Thursday	9.00–10.30	Hall Rožna dolina	Krpan Božič
<b>FLOW YOGA (Nataša Petavs)</b>			<b>60,00 EUR (all year)</b>
Thursday	18.30–19.30	Hall Tivoli	Jerman Šenica
<b>BE FIT</b>			<b>60,00 EUR (all year)</b>
Wednesday	12.00 – 13.30	Hall Rožna dolina	Krpan Božič
<b>FUNCTIONAL TRAINING</b>			<b>60,00 EUR (all year)</b>
Tuesday	10.30 – 12.00	Hall Rožna dolina	Krpan Božič
<b>FITNESS</b>			<b>60,00 EUR (all year)</b>
Monday	13.30–14.30	Hall Rožna dolina	Jerman Šenica
Monday	14.30–15.30	Hall Rožna dolina	Jerman Šenica
Monday	15.30–16.30	Hall Rožna dolina	Jerman Šenica
Wednesday	9.00–10.30	Hall Rožna dolina	Krpan Božič
<b>JOGGING</b>			<b>FREE OF CHARGE</b>
Thursday	10.30 –12.00	Hall Rožna dolina	Močnik
<b>INTEGRAL YOGA (Nataša Petavs)</b>			<b>60,00 EUR (all year)</b>
Tuesday	19.30–21.00	Hall Tivoli	Jerman Šenica
<b>NORDIC WALKING</b>			<b>FREE OF CHARGE</b>
Thursday	17.30–19.00	Park Tivoli	Jerman Šenica
Friday	09.00–10.30	Mostec	Jerman Šenica
<b>BASKETBALL</b>			<b>FREE OF CHARGE</b>
Monday	9.00–10.30	Hall Rožna dolina	Hribar
Tuesday	13.30–15.00	Hall Rožna dolina	Močnik
Wednesday	20.30–22.00 Team FF (f)	Hall SUAŠ	Training
Wednesday	20.30–22.00 Team FF (m)	Hall SUAŠ	Training
Wednesday	10.30–12.00	Hall Rožna dolina	Hribar
Thursday	12.00–13.30	Hall Rožna dolina	Močnik

**FF –SCHEDULE OF SPORTS ACTIVITIES 2022/23**

<b>Day</b>	<b>Time</b>	<b>Place</b>	<b>Professor</b>
<b>FOOTBALL</b>			<b>FREE OF CHARGE</b>
Monday	20.00–21.00	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>			<b>FREE OF CHARGE</b>
Monday	09.00–10.30	Hall Rožna dolina	Hribar
Wednesday	09.00–10.30	Hall Rožna dolina	Hribar
Thursday	12.00–13.30, 13.30–15.00	Hall Rožna dolina	Močnik
<b>VOLLEYBALL</b>			<b>FREE OF CHARGE</b>
Monday	7.30–9.00	Hall Rožna dolina	Hribar
Monday	10.30–12.00	Hall Rožna dolina	Hribar
Tuesday	16.30-18.00	Hall Rožna dolina	Močnik
Wednesday	10.30–12.00	Hall Rožna dolina	Hribar
Wednesday	9.00–10.30	Hall Rožna dolina	Hribar
Wednesday	12.00–13.30	Hall Rožna dolina	Hribar
<b>PILATES</b>			<b>60,00 EUR (all year)</b>
Thursday	10.30–12.00	Hall Rožna dolina	Krpan Božič
Wednesday	10.30–12.00	Hall Rožna dolina	Krpan Božič
<b>BOULDERING (sport climbing)</b>			<b>60,00 EUR (all year)</b>
Wednesday	13.00–14.00	Climbing center Tivoli	Jerman Šenica
Wednesday	14.00–15.00	Climbing center Tivoli	Jerman Šenica
<b>SWIMMING</b>			<b>60,00 EUR (all year)</b>
Wednesday	11.00–12.00	Swimming pool Tivoli	Jerman Šenica
Wednesday	12.00–13.00	Swimming pool Tivoli	Jerman Šenica
<b>HIKING</b>			<b>FREE OF CHARGE</b>
Friday	09.00 –12.00	The area of Ljubljana	Močnik
<b>ICE SKATING</b>			<b>(payment on the spot 2 EUR for a visit)</b>
Thursday	19.00 – 20.30	Ice Skating hall Tivoli	Jerman Šenica
<b>SAILING</b>			<b>(for payment contact prof. Jerman Šenica)</b>
March, April, May	every Saturday	Murter (CRO)	Jerman Šenica
<b>CYCLING</b>			<b>FREE OF CHARG</b>
April, May 2022/23		The area of Ljubljana	Jerman Šenica

FF –SCHEDULE OF SPORTS ACTIVITIES 2022/23				
Day	Time	Place	Professor	
THEORETICAL LECTURES OF PHYSICAL EDUCATION AND HUMANITIES			EXAME	
ŠH 1 – Selected Chapters from Philosophy of Sport	Monday 18.00–21.15 WINTER SEMESTER	10.10, 17.10. 2022 lecture room 2	24.10.2022	Red. prof. dr. Olga Markič
ŠH 1 – Selected Chapters from Sociology of Sport I	Monday 18.00–21.15 WINTER SEMESTER	7.11, 14.11. 2022 lecture room 2	21.11.2022	Red. prof. dr. Mojca Doupona
ŠH 1 – Body Practice of Selected Topics in Medicine and Prevention	Monday 18.00–21.15 WINTER SEMESTER	5.12, 12.12. 2022 lecture room 2	19.12.2022,	Doc. dr. Vedran Hadžić, dr. med.;  doc. dr. Aleš Dolenec, prof. šp. vzg.
ŠH 2 – Selected Chapters from Sociology of Sport II	Monday 18.00–21.15 SUMMER SEMESTER	13.2, 20.2. 2023 lecture room 18	27.2.2023	Red. prof. dr. Mojca Doupona
ŠH 2 – Selected Chapters from History of Sport	Monday 18.00–21.15 SUMMER SEMESTER	13.3, 20.3. 2023 lecture room 18	27.3.2023	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.mocnik@ff.uni-lj.si	Tuesday 11.00–12.00	Office 010
Pred. Gregor Hribar	gregor.hribar@ff.uni-lj.si	Monday 12.30–13.30	Office 010
Pred. Maja Krpan Božič	maja.krpanbozic@ff.uni-lj.si	Thursday 12.00–13.00	Office 010

## ALL STUDENTS ARE WELCOME TO THEORY LECTURES!

FF students can apply through the e-learning, which will be open from 1. 10. 2022 until 31. 10. 2022. 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 Humanities course.

Training begin on 10.10.2022 for the winter semester, and 13.2.2023 for the summer semester.

More information on the website: <https://sport.ff.uni-lj.si/>.