

**The Jędrzej Śniadecki
ACADEMY OF PHYSICAL EDUCATION AND SPORT
in Gdańsk**

PROSPECTUS

**FOR THE CANDIDATES
OF THE UNDERGRADUATE LEVEL OF FULL-TIME
STUDIES IN ENGLISH
DEPARTMENT OF PHYSICAL EDUCATION
IN 2010/2011
GDAŃSK 2010**



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HUMAN CAPITAL
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The Jędrzej Śniadecki Academy of Physical Education and Sport in Gdańsk was functioning as the University School of Physical Education from 1969 to 1981. On 28 April 1981, the School obtained the status of an "academy". The breakthrough years for the School were: 1992 – when the Academy obtained the rights to confer the title of Doctor of Philosophy of Sport Sciences, and 1999 – since when the Academy has had the rights to confer the habilitation title in the field of sport sciences.

Following the provisions of the Higher Education Act from 5th December 2001, the School adopted the official name of the Jędrzej Śniadecki Academy of Physical Education and Sport in Gdańsk.

In recognition of its contribution to staff training, coaching and sport development, the President of Poland approved of the name of the Academy, and on 1st February 2002 the name of the Academy of Physical Education and Sport was conferred.

The Academy of Physical Education and Sport in Gdańsk educates teachers and promoters of physical education, coaches and professionals of tourism and recreation.

The Academy also conducts post-graduate studies and courses for instructors. In the current academic year the total number of students is approximately 4000. Infrastructural facilities at the Academy include teaching and laboratory facilities, a congress hall with a total area of 2500 m² and sports facilities for: judo, table tennis, gymnastics, team sports, such as handball, basketball, and volleyball, indoor athletics, a multi-purpose sports hall, gym, an indoor swimming pool, athletic fields, tennis courts with a total area of 5800 m². Summer camps take place in the beautifully situated lakeside resort in Raduń, and winter camps are organized in the Alps.

At the beginning of 1994, when the network system TASK was activated, the Academy of Physical Education and Sport was introduced to the global computer network INTERNET. Moreover, students of the Academy actively participate in the European Educational Programs such as Socrates - Erasmus. The Sports Club AZS-AWFIS allows training 10 new disciplines such as (men's and women's) judo, (men's and women's) athletics, (women's and men's) handball, (men's and women's) swimming, (men's) rugby, (men's and women's) fencing, (men's) table tennis, (men's) rowing, yachting (Olympic class) and the (men's) artistic gymnastics. Students and graduates from the Academy and from other Universities as well as school pupils participate in trainings (altogether about 650 people).

The Academy of Physical Education and Sport is the only High School Institution in Poland where employees - and your future academics won medals during the Olympic Games in Beijing.

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I. FIELDS OF STUDY. QUALIFICATIONS EXAM AND ADMISSION REQUIREMENTS FOR THE ACADEMY OF PHYSICAL EDUCATION AND SPORT IN GDANSK

in 2010/2011

In the 2010/2011 academic year, we will be accepting candidates for:

PHYSICAL EDUCATION
(course for teachers of physical education)

FULL-TIME UNDERGRADUATE STUDIES (First cycle studies)
(the maximum no. of accepted applicants: 200)

A. INFORMATION ABOUT THE FIELD OF STUDY

From the second year of studies the following areas of specialization will be available:

- **school sport** – graduates will receive a licence of an instructor of sport (in one of the following disciplines: artistic gymnastics, basketball, athletics, football, swimming, rowing, sailing), or a document of an instructor of recreation (with the following specializations: strength exercise, fitness - modern forms of gymnastics, psycho-physical exercises and skiing).
- **public health** – graduates will receive a licence of an instructor of biological regeneration and recreation with specialization in kinesigerontoprohylaxis.

Specializations will be launched after the qualification of a minimal number of 15 students.

Each student will be required to choose one specialization.

The offer presented above can be extended.

In addition, people who meet certain requirements may obtain:

- **younger lifeguard and water lifeguard certification**
- **certificate of inland/coastal/motorboating skipper**
- **preparation for work in the field of sports massage**
- **instructor of recreation in skiing**
- **during the course of study other certificates (governed by separate regulations) can be obtained**

B. QUALIFICATIONS AND TITLE CONFERRED

The graduates in physical education will receive a bachelor's degree in physical education and will obtain professional training for planning and implementing

mandatory physical education classes in primary and secondary schools; they will be prepared for work in the field of corrective gymnastics classes, promotion of health and physical activity and will obtain instructor's rights in the chosen specialization.

C. RULES AND CONDITION, ADMISSION PROCEDURES

1. The qualification process includes:

- Health condition assessment,
- Delivery of baccalaureate degree certificate (grades ranking)
- Physical fitness qualification

2. During the admission procedures the candidate may receive a maximum number of 65 points as follows:

- max. 20 points for the baccalaureate certificate,
- max. 45 points for the results of physical fitness qualification.

Health condition assessment

The applicant is obliged to provide a medical certificate confirming the lack of contradictions to study at the Academy of Physical Education and Sport in Gdańsk. Referrals are issued by the Office of Recruitment. The applicant can find the list of medical doctors authorized to carry out examination at www.womp.gda.pl. The Academy does not cover the costs of the examinations. No extra points (in admission procedures) are awarded for the assessment of the health status.

Ranking of baccalaureate certificates

1. In the ranking points (maximum 20 points are available) will be awarded for the baccalaureate certificate. The points will be calculated as the arithmetic mean of the subjects taken at the maturity (school-leaving) exams, i.e.:

- Polish
- foreign language
- the subject chosen by a candidate ^{a)}

Where:

- for candidates who took the "new" maturity examination, the results (formulated in percentage values) from the oral or written exam (one of those ^{b) c)}) will be recalculated in order to obtain the average valuations converted later into points according to the rules laid down by the university for "the old and new school maturity exam" – numerical value of grades: up to 6
- for candidates who hold the "old" maturity exam, the computed average will be rated: for 3 subjects from the oral maturity examination and then converted into points according to the rules presented below.

Interpretation:

- a) If the candidate has not chosen at the maturity exam an additional subject, the compulsory exam in mathematics will be taken into consideration
- b) the Polish language in the oral part will be treated on a par with the level chosen in the written part.
- c) bilingual baccalaureate will be considered as an advanced level.

POINTS FOR THE CERTIFICATE OF THE MATURITY EXAM

Grade	basic level	advanced level
below satisfactory	30 - 56%	30 - 40%
satisfactory	57 - 78%	41 - 60%
good	79 - 100%	61 - 78%
very good		79 - 94%
excellent		95 - 100%

Average grade ("Old Maturity Exam")

Grading Scale up to 5

4.90 – 5.00

4.80 – 4.89

4.70 – 4.79

4.60 – 4.69

4.50 – 4.59

4.40 – 4.49

4.30 – 4.39

4.20 – 4.29

4.10 – 4.19

4.00 – 4.09

3.90 – 3.99

3.80 – 3.89

3.70 – 3.79

3.60 – 3.69

3.50 – 3.59

3.40 – 3.49

3.30 – 3.39

3.20 – 3.29

3.10 – 3.19

3.00 – 3.09

Average grade ("Old and New Maturity Exam")

Grading Scale up to 6

5.00 – 6.00

4.70 – 4.99

4.40 – 4.69

4.30 – 4.39

4.20 – 4.29

4.10 – 4.19

4.00 – 4.09

3.90 – 3.99

3.80 – 3.89

3.70 – 3.79

3.60 – 3.69

3.50 – 3.59

3.40 – 3.49

3.30 – 3.39

3.20 – 3.29

3.10 – 3.19

3.00 – 3.09

2.80 – 2.99

2.50 – 2.79

2.00 – 2.49

Number of points

20

19

18

17

16

15

14

13

12

11

10

9

8

7

6

5

4

3

2

1

Exam in physical fitness

Exam in physical fitness includes exams in swimming and two other disciplines to choose between:

- a) Gymnastics
- b) Athletics
- c) Two chosen team games from among four: basketball; football; handball; volleyball

The unsatisfactory mark from exams in physical fitness does not eliminate the entrant from further enrolment procedure.

GYMNASTICS

Exam in gymnastics for women and for men includes 3 events: floor exercise; jump; front hip circles on a horizontal bar. The final grade is an average mark from all events. Getting two unsatisfactory marks (2.0) means the unsatisfactory (2.0) final mark as a average, regardless of the third mark. With one unsatisfactory mark (2.0), in order to get a satisfactory result in the exam, an arithmetical mean of 3.0 or more in all 3 events is required.

(e.g. 3,3,2=2 3+,3,2=2 3+,3+,2=3 4,3,2=3)

1. Floor exercise (common for women and for men)

Basic pose, make two steps forward and from ascent roll forward to crouch with support, straightening to the basic pose and through a straight legs sit-down roll backwards to forward bend and the basic pose. Raise one of your legs and do the cartwheel either side to a straddle stand with arms sideways, lower your arms with simultaneous joining your legs to the basic pose. Using a half-turn jump (or without jump, depending on which direction the cartwheel was done) – make three steps forward, raise arms up and do a supported handstand (hold out for a moment), lower one leg, join the other one to the basic pose.

Women

2. Asymmetric handrails or a low bar at 130-140 cm. From a hanging pose (arms bent or straight) do hip pullover to front support performed with a swing or strength (hold) and front under swing dismount to hanging squat.

3. Vaulting box width-wise (5 parts)

From run-up and bouncing off the spring board, stoop vault with a marked swing (the spring board 1 m from the apparatus).

Men

4. High bar

From hanging with straight arms with an ordinary grip, do the lock-up rise with strength (hold), then under swing dismount to hanging and jump down to the basic pose.

5. Vaulting box length-wise (5 parts)

From run-up and bouncing off the spring board, stoop vault with a marked swing (the spring board 80 cm from the apparatus).

SWIMMING

The candidate should cover the distance of 50 m (two lengths of the swimming pool) using two chosen styles of swimming (backstroke; breaststroke; crawl, butterfly stroke), 25 m for each style in the designated time minimum. The unsatisfactory mark (2.0) results from not covering the distance of 50 m within the designated minimum for a satisfactory grade or from stopping while swimming and not completing the distance. It is not obligatory to start swimming from the platform.

The swimming exam takes place after a warm-up and there is only one try.

Mark	Women	Men
5	38.0	35.0
4.5	38.1 — 42.0	35.1 — 38.0
4	42.1 — 48.0	38.1 — 43.0
3.5	48.1 — 55.0	43.1 — 48.0
3	55.1 — 1:05.0	48.1 — 55.0

ATHLETICS

Entrants have to take part in the following events. The final grade is determined on the basis of obtained results calculated as all-round contest points according to the PZLA (Polish Athletic Association) table (Appendix 1).

Women:	Men:
— run 100 m,	— run 100 m,
— shot put (4 kg),	— shot put (7.26 kg),
— run 800 m	— run 1500 m

Mark	Points	
	Women	men
5	1350 and higher	1500 and higher
4.5	1250 - 1349	1450 - 1499
4	1150 - 1249	1350 - 1449
3.5	1000 - 1149	1200 - 1349
3	900 - 999	1100 - 1199
2	899 and lower	1199 -and lower

TEAM GAMES

The exam includes a test composed of two sport disciplines chosen from among four: handball; basketball; volleyball; football. The grade in team games is the arithmetic mean of two chosen ones, where:

5, 4+=5; 5, 3+=4+; 5, 2=3+; 4, 4+=4+, 4, 3+=4; 3+3=3+; 3, 2=2.

Handball (Picture 1)

The overall line-up of the try comprises the following tasks:

- catch and pass the ball 5x
- side step
- landing, leap,
- throw from the jump from the left wing
- throw from leap

single front feint — ending with a throw from front jump

Assessment criteria of the test in handball

Women	Mark	Men
25 s and less	5	23 s and less
25 — 26	4.5	23 — 24
26.1 — 27.5	4	24.1 — 25
27.6 — 28.5	3.5	25.1 — 26
28.6 — 29.5	3	26.1 — 27
31 and higher	2	28 and higher

Criteria assessments —penalty seconds

1. Mistake in throwing against the wall and catching. Throw closer than 1.5 and farther than 2.5m – 0.3s
2. Side step. Moving with a wrong technique or running – 0.5s
3. Landing and leap. Moving with side step backwards or forwards – 0.5s
4. Not touching the pole while landing – 0.5s
5. Short-cut with omitting the pole 0.5s
6. Miss throw from the jump from the left wing 0.5s
7. Miss throw with a leap 0.5s
8. Not doing a feint 0.5s
9. Miss throw from jump after a feint 0.5s
10. Fault dynamics while throwing 0.5s

Football (picture 2)

1. Proper ball reception after throw-in (throw-in made by a partner):
 - a) with the inside of the foot,
 - b) with the outside of the foot (without fixing),
 - c) with a sole,
 - d) from the air. 0 — 2 points
2. Dribbling with a change of direction
 - a) with the outside of the foot,
 - b) with the inside of the foot. 0 — 2 points
3. Kicking the ball
 - a) kicks with the inside-outside of the foot (the ball must hit the light of the goal) - one bounce is allowed,
 - b) hitting the goal, 0 — 2 points
4. Juggling
 - a) with a foot, 0 — 2 points
 - b) mixed juggling in run (without dropping the ball on the ground).
5. Shooting the ball to the goal using the head
 - a) with the forehead in a jump at the goal
 - b) with the side of the forehead and at the goal 0 — 2 points

The technique of each element will be marked

There are two attempts — the better one will be marked; during the attempt it is forbidden to use a hand

The final result	Mark
10 – 9 points	5
8 points	4.5
7 points	4
6 points	3.5
5 points	3
4-1 points	1

Volleyball (Picture 3)

High and low beat back against the wall above the line drawn on the wall at 224 cm for women and 243 cm for men. The beats are executed from a distance of more than 2 m for men and 3 m for men. One high and one low beat is defined as one cycle (Picture 3). There are two attempts — the better one will be marked.

Time of one attempt – 30 seconds

The final mark takes into consideration:

- proper body position,
- moving during an attempt
- technique of high beat back
- technique of low beat back

Number of cycles

8	cycles	—	3
9 -10	cycles	—	3.5
11-12	cycles	—	4
13-14	cycles	—	4.5
15 and more	cycles	—	5

Basketball (Picture 4)

We mark: — a proper execution of the following elements of technique
— the dynamics of their execution.

The following elements are assessed:

- proper basketball body position
- catching the ball in place and in motion.
- passing the ball in place and in motion.
- dribbling ("slalom" — with the right and the left hand).

Points:

Throws

- after dribbling,
- after a pass (so-called lay-up),
- in a jump,
- free throws,
- tip-ins

Rebounds

The criteria and the scale of assessment:

Mark	Amount of mistakes
5	0—1
4.5	2
4	3
3.5	4
3	5
2	6 and more

Scoring of the Exam in Physical Fitness

<u>Mark</u>	<u>Points</u>
5	15
4.5	12
4	9
3.5	6
3	4
2	0

Scoring concerns each of the selected disciplines.

II. GENERAL INFORMATION

1. Recruitment to all faculties and types of studies will be held by means of the internet recruitment system (IRK). A candidate logs into the system at www.rekrutacja.awf.gda.pl as directed and at the times announced in the annexes to the present prospectus. The Jędrzej Śniadecki Academy of Physical Education and Sport in Gdańsk does not take a responsibility for incorrect inputting the data into the system by the candidate. Particularly, this concerns giving the final average mark on the school-leaving certificate different from the actual one.
2. Candidates who take an exam in physical fitness are obliged to:
 - check up the time and place of their exams at the AWFIS website and their own email box;
 - file original copies of the following documents to the recruitment commission on the day of the exam: the affirmative proof of payment for the exam, a medical certificate which proves capability to physical activity and study at the selected faculty, insurance policy against accidents at the time of the exam.
3. Candidates exempt from the exam in physical fitness on the grounds of sport class are obliged to file the following documents to the recruitment commission by the last day of internet registration:
 - the certificate confirming the master and the first class sport category (this concerns candidates who apply for first cycle studies: Physical Education – full-time programme
 - proof of payment for the recruitment procedure,
 - medical certificate confirming the candidate's capability to study at the chosen faculty at AWFIS.
4. Candidates holding a current international or domestic master and first sports classes in Olympic disciplines (Beijing, Vancouver) are exempt from the exam in physical fitness and admitted to further application procedure (this concerns candidates listed in point 2). Exemption of the candidate from the mentioned exam means giving him/her the highest possible score.

Attention: in team sport games instead of the hitherto sport classes, the following classification criteria have been adopted:

- current participation in Polish national team, junior and senior teams, the Olympic team (A, B) or a national team equals the master class;
- current participation in first league tournaments equals first class.

Participation in the mentioned types of sports competition should be confirmed on the original official forms by an appropriate sports association and signed by the general secretary of that association.

5. The list of the tentatively qualified for studies will be published on the website and on recruitment commission's notice board.
6. A candidate who according to the ranking list is located in limits defined by the Academy's Senate is obliged to file the following documents to recruitment commission within 4 days since the publication of the tentative list of enrolled candidates:

- a signed application form printed from IRK
 - the original copy of the maturity exam (candidates who study elsewhere file a certified copy of the certificate together with a current certificate from the Dean's office confirming the fact of studying);
 - a proof of payment for the exam (this concerns candidates who do not take an examination in physical fitness)
 - a medical certificate confirming the candidate's capability to study at the chosen faculty at AWFIS (this concerns candidates who do not take an examination in physical fitness)
 - a certified copy of ID
 - 3 photos in accordance with requirements concerning ID-photos. It is obligatory to add one photo on a CD. Photos should be legibly signed and include the PESEL-number
7. In case of spare places on the ranking list (caused by failing to provide documents by tentatively qualified candidates), a further recruitment process will take place based on the score gained at the time of recruitment. The rule remains to file the original documents to the recruitment commission within another 4 days since the publication of the list of spare places on the web page. Candidates can check their position on the ranking list at any time.
 8. The deadline of 4 days means the date of the documents arriving and their registration by the faculty recruitment commission.
 9. Failing to meet the above requirements is equivalent with resignation and will result in crossing the candidate off the ranking list.
 10. In case of further spare places caused by resignation by the qualified candidates, the head of faculty recruitment commission can publish information about spare places on the website by 10.09.2010. The interested candidates can apply to faculty recruitment commission within 3 days since publishing the information.
 11. Candidates who did not file their documents by their first deadline are not eligible to do so in the second one.
 12. The recruitment procedure is of contest type, and the results are public at its particular stages. Maturity exam grades and grades obtained at the entrance examination are calculated as a point score.
 13. On completion of the recruitment procedure an alphabetical list of candidates qualified for the studies and the ranking list of all candidates in the admission procedure will be announced.
 14. One may appeal from the decision of the faculty's recruitment committee to the Academy's recruitment committee within 14 days since the date the decision was received.
The final decision is made by the Rector after considering the motion from the Academy's recruitment committee. An appeal may relate only to objections as to the examination's results, the recruitment process or procedural negligence.
 15. The faculty recruitment committee is entitled to the interpretation of the rules contained in this prospectus. The candidate may appeal from its decision to the Academy's recruitment committee. This remark applies to all situations encountered during the recruitment process for the academy.

III. ADDITIONAL INFORMATION

1. Academy's Address : 80 – 336 Gdańsk, 1 Kazimierza Górskiego Street
2. Website address: www.awf.gda.pl and en.awf.gda.pl
3. University Open Days are planned on **15 and 16 April 2010**;

The paid **preparation course** for Academy's candidates is planned between **5-12 June 2010**. Further information is available from the course organizer: Sports Club AZS-AWFiS, **phone (058) 554-71-06**

4. Entrance examinations for candidates last for 1 day for all the fields of study and are planned between **6-17 July 2010**.
5. Depending on the number of candidates these dates may be changed. Candidates will be informed about the start of the exam on the Internet website and by e-mails.
6. For out-of-home candidates, at the time of entrance examination there is a possibility of accommodation in the Student House (located at the Academy's campus). On the academy's premises, you can also have paid meals in the canteen or buffets.
7. The fee for the qualification proceedings in the amount stated on the Internet website should be **paid to the individual account generated in the form filled in by a candidate at the Internet Candidate Registration (IRK)**. *The fee is non-refundable.*

The fee for each field of study and each type of study must be visible in the IRK system at the latest by the end of the registration process for the given field and type of studies - see the schedule.

ATTENTION! While making the payment it is important to take into account the time needed for the transfer of money between accounts. It is worth remembering to make it well in advance, because in the recruitment process candidates will be considered only after confirmation of the recruitment fee's receipt.

8. During the entrance examination candidates are obliged to prove their identity with a valid identity card at the recruitment and examination committees.
9. Withdrawal from any examination involved in the recruitment process is equal to resignation from further application for enrolment.
10. The fail-mark in the physical fitness examination does not eliminate the candidate from qualifying for further recruitment proceedings
11. The **full-time studies** are free of charge, except for:
 - educational costs incurred by the student which are related to the insufficient progress in studies,
 - obtaining additional qualifications which are not related to the student's major,

- partial payment for a stay in the camp programs

12. Candidates **admitted to study** at the Academy who apply for a place in the Student's House must submit an appropriate application (see website) by **27 August 2010**.

IV. ONLINE APPLICATION DEADLINES

The registration will be activated on 7 June 2010, and it will take place between 6.00-23.00 (6 am - 11 pm).

FACULTY OF PHYSICAL EDUCATION

FULL-TIME STUDY

The registration deadline: 01.07.2010

First cycle studies

Field of studies: physical education

V. INFORMATION ABOUT THE ACADEMY FOR ERASMUS STUDENTS

Jędrzej Śniadecki Academy of Physical Education and Sport in Gdańsk (AWFiS in abbreviation) is a two faculty school (Physical Education Faculty, Tourism and Recreation Faculty). The Academy employs 175 academic teachers. We educate students in full time and extra mural systems. The Academy gives Ist, IInd and IIIrd degree diplomas in four specializations

1. Physical education
2. Physiotherapy
3. Sport
4. Tourism and Recreation

By educating around 4000 students our school gives instant inflow of highly qualified professional staff for economy, education, culture, sport and health care system needs. Our graduates are being employed mainly in the north of Poland, where we are the only one school of this kind.

The Academy also offers postgraduate courses which are widely developed - each year 500-700 students get a professional title in various kinds of sport (swimming, football, handball, basketball, volleyball, tennis, table tennis, athletics, sport dance and others) with graduation of an instructor title . If necessary compensatory courses are being initiated (e.g. for corrective gymnastic instructors), international travel guide courses and others.

Our school cooperates closely with polish administration and regional sport associations. It bears with solving various physical culture problems often in cooperation with suitable departments of Provincial and Marshal Office and City Hall of Gdansk, as well as with specified unions and sport clubs.

The research-scientific activities of the school are: sport theory, physical education theory, physical effort, physical fitness, wholesomeness with its morphological, physiological, biochemical, biophysical as well as psychosocial conditions, educational aspects of physical culture history, various aspects of tourism and tourism economy organization.

The main superior for all students is a school Rector. The direct superiors for all students (full time and extra mural) are Deans - one for each faculty. Students have opportunity to receive a support regarding the social-accommodation issues from Students and Sport Vice-Rector, who closely cooperates with Students Government Board.

The Academy occupies an area of 20 ha, on which there are buildings and sport venues with the full usable surface of 29 560m².

Sport buildings, which are very valuable, are in the same place of 7 575 m²:

- A multifunctional hall with the area of 4 563 m² (cubature 38 173 m³), designed for sports events and others which is able to gather 2000 spectators
- Three gymnastic halls and a dancing hall
- A table tennis hall
- A rowing hall
- Two health clubs
- A fencing hall
- Two combat sport halls
- Two team games halls
- An athletic runway
- A swimming pool

Open sport places:

- An athletics stadium
- A training athletics stadium
- A football field
- A basketball and a handball field
- Tennis courts

The Academy also owns:

- a training-resting Centre in Raduń on Kaszuby, which allows realization of summer schooling camps for full time and extra mural students. This centre with 2 ha area lies in the forest by the lake. In the centre there are also: a canteen, lecture rooms, a sanitary pavilion with hot and cold water.
- a sea sailing centre in Gdansk – The National Sailing Centre www.ncz.awf.gda.pl (co-financed by EU grants) in Górkki Zachodnie. This is one of the kind and the only one centre which belongs to a physical education and sport school in Poland. It allows to lead sailing courses that are included in all studies programme. The sailing centre venues are: harbour, cargo hangars, a crane to launch sailing equipment (over 40 boats, yachts, safety boats, catamarans, etc.). The school also owns a seagoing yacht S/Y Śniadecki.

Other facilities at AWFIS

Canteen & Cafeteria

There are two places where you can enjoy the meals. The canteen serves breakfasts and lunches from 9.00 to 16.00. There is a wide choice of dishes for reasonable prices. In the cafeteria you can have a rest between lectures, chat with friends, listen to music, prepare to the following lessons or eat some snacks, sweets, sandwiches or fruits.

Typical prices:

Full lunch combined with juice, soup and main course ~ 15zł

Hamburger, minipizza ~ 5zł

Juice, chocolate bar, fruit ~ 2-3zł

Sandwich ~ 4zł

Student dorm

Student dorm is open all day long. You can be accommodated in a two bed room. The room is equipped with beds (incl. bedding), wardrobes, desks a shared fridge and bathroom for two or four rooms. There is also one kitchen per floor and washing machines for general use. The dormitory is integrated with other facilities of the Academy.

There is also a possibility to accommodate you in private homes where students can rent a room, or share all flat. If you would be interested in this option your buddy will help you to arrange it.

How to reach Gdańsk ?

There are few ways of coming to Gdańsk, which is faster depends on the distance you need to overcome. By train you can get here from all the Central Europe within 24 hours. There are some direct connections with foreign cities like Berlin, Brussels, Odessa or Prague.

From Denmark, Norway, Finland or Sweden you can travel by ferry, usually it takes between 12 and 24 hours on the sea.

There are also cheap air lines coming to Gdansk Lech Walesa Airport from many destinations all around the Europe. The cheapest fares are offered by WizzAir and Ryanair.

Where is the Academy ?

The Academy is situated on the border of two big districts of Gdańsk – Oliwa and Żabianka. You can easily get here from any part of Tricity (Gdansk, Sopot, Gdynia) using SKM - the metropolitan train. In rush hour it goes every 7 minutes towards any direction. Our stop is called “Gdańsk Żabianka – AWFIS”. You can also use tram number 6 or 12 towards Zasp/Jelitkowo (tram stop “Opacka”). From Airport you should take bus 110 to Gdansk Wrzeszcz or 210 to Gdańsk Główny, or one of private lines in front of the airport, and then follow with trams or trains.

Who can help you at AWFIS ?

Although most of students can give you a helping hand in English, there are some special places you can get it directly from. If you are an Erasmus incoming student you can get information concerning your stay at the Erasmus Office or by the “buddy” – a student of our Academy specially assigned to help you and to make your stay here pleasant and also to bring you closer to our culture, cuisine, traditions or habits.

Student Government Board is also to your disposition. At their office you can get to know about events in our university as well as in the city. They can help you with finding temporary work (if possible), translate some documents or just give you good advice about the Academy.

What you should bring with you ?

Obviously we are not going to tell you exactly what clothes you should bring with you, but there is a list of stuff that is always useful for students, especially for foreigners:

- ✓ Document photographs –to get a travel card and a student ID;
- ✓ ISIC or EURO>26 – gives you some discount in means of transport, bars, shops;
- ✓ plug converter (adaptor) – in case you have different cable plugs (in Poland it's 230V two round pins);
- ✓ dishes, cutlery, cups – not all student accommodation offer you these;
- ✓ swimming suit, sport clothes – to be able to use the many sport facilities we have;
- ✓ loads of positive energy.

The approximate monthly costs of living in Gdańsk:

Accommodation in student dormitory – 100 euro
Renting a room in a shared apartment – 100-150 euro
Public transport – 13 euro
Food – 80-120 euro

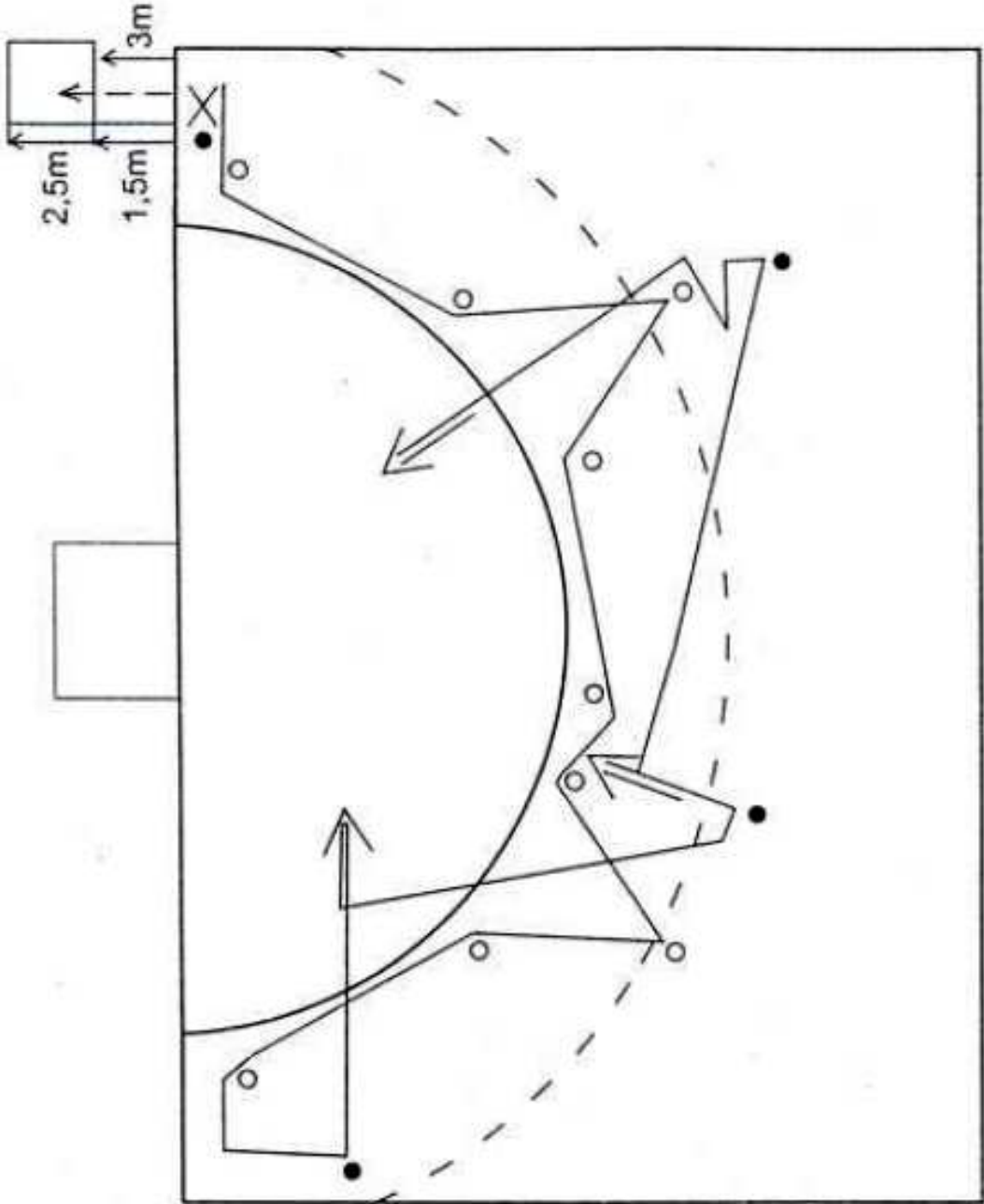
Contact

Academy of Physical Education and Sport in Gdańsk
ul. Kazimierza Górskiego 1
80-336 Gdańsk, Poland
www.en.awf.gda.pl

Academy of Physical Education and Sport in Gdańsk
Erasmus Office
ul. Kazimierza Górskiego 1
80-336 Gdańsk, Poland
Phone: + 48 58 554 74 48
www.erasmus.awfis.net

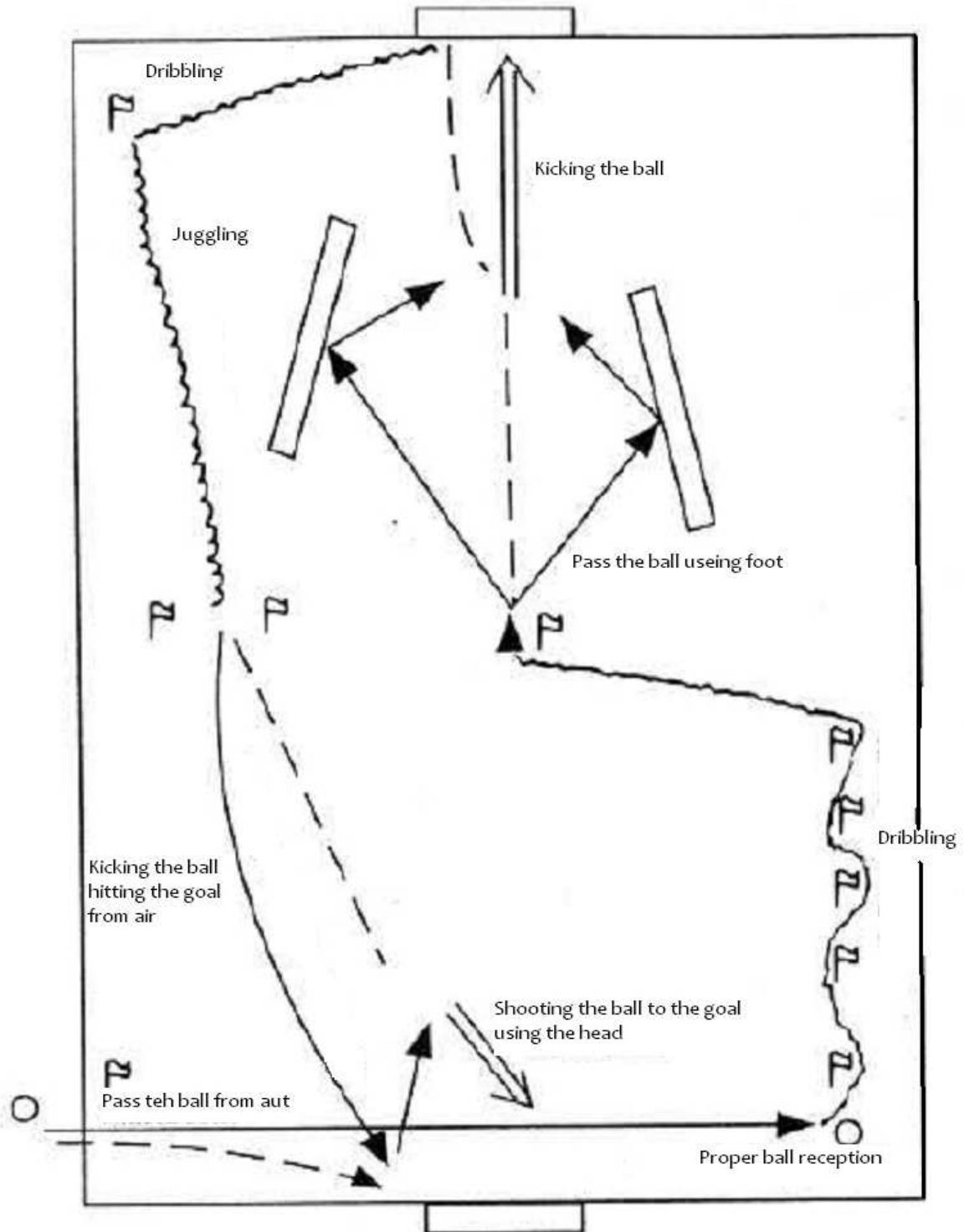
VI.PICTURES

Handball (Picture 1)

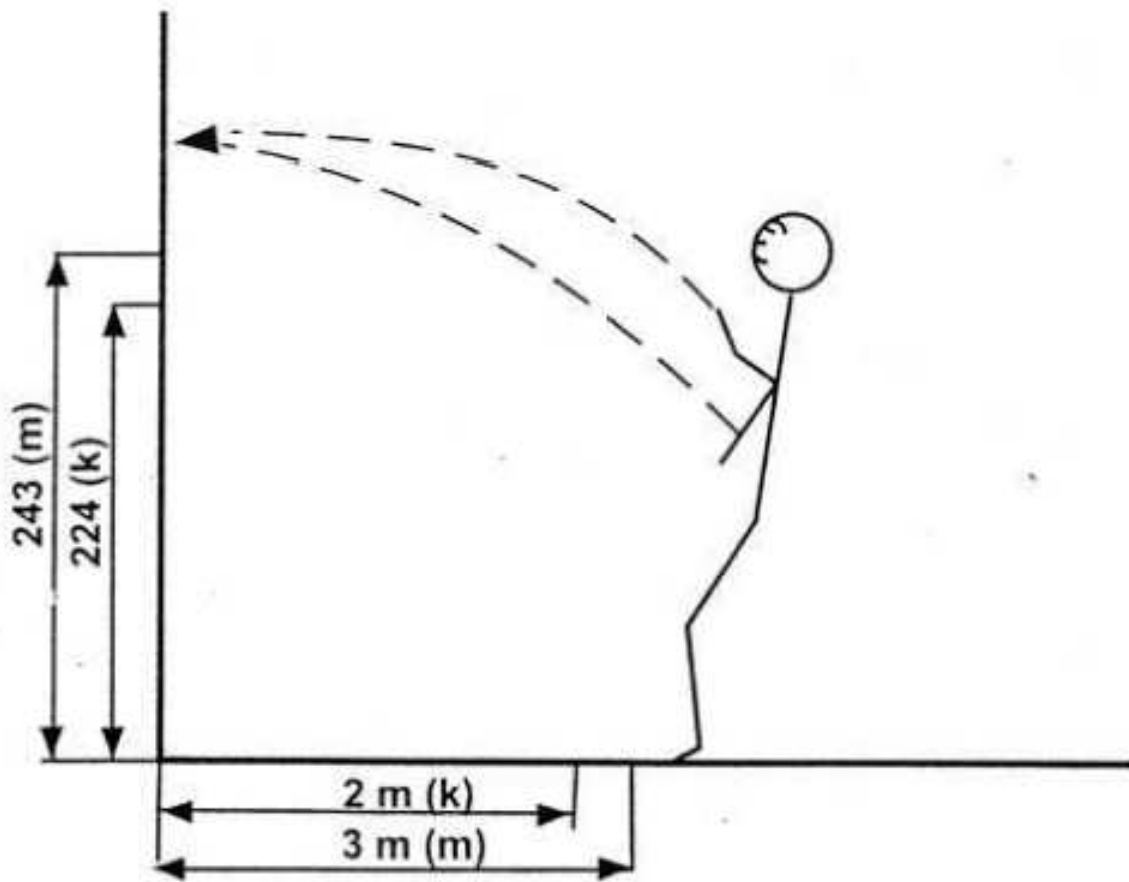


The overall line-up of the try

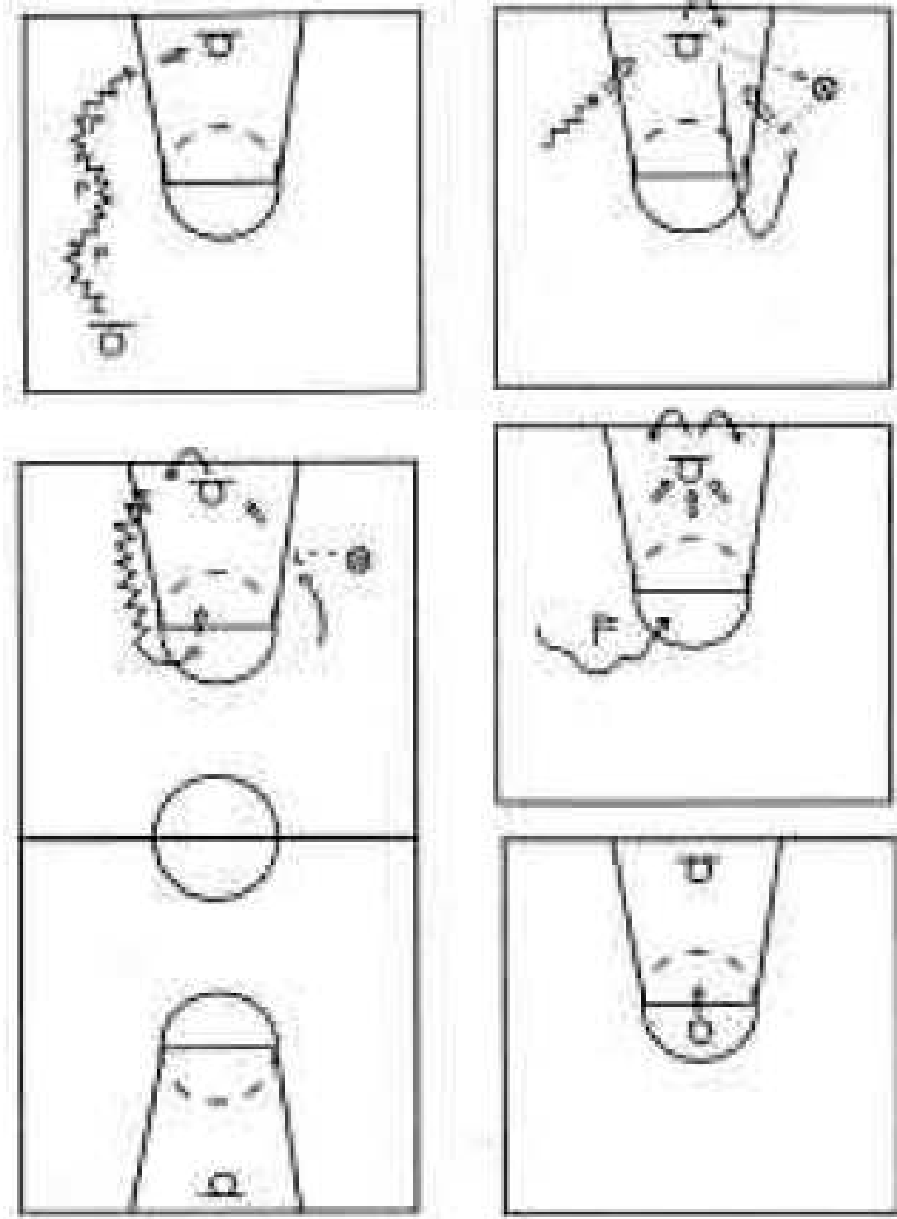
Football (picture 2)



Volleyball (Picture 3)



Basketball (Picture 4)



- I. (A) — dribbling ("slalom" — with the right and the left hand) (B) — rebounds
 — throw after dribbling — pass
 (C) — rebounds — catch
 — dribbling — throw (so-called lay-up)
 — throw in a jump (D) — tip-ins
- II. (A) — two free throws

VII. APPENDIXES

Appendix 1

PZLA (Polish Athletic Association) table

Women

* run – 100 m. (result / points)

result	.00	.10	.20	.30	.40	.50	.60	.70	.80	.90
12 sek.	1037	992	949	910	872	837	804	773	743	715
13 sek.	689	664	640	617	595	574	554	535	517	500
14 sek.	483	467	451	436	422	408	395	382	317	358
15 sek.	347	336	325	314	304	295	285	276	267	258
16 sek.	250	242	234	226	219	211	204	197	191	184
17 sek.	178	172	165	160	154	148	143	137	132	127
18 sek.	122	117	112	107	103	98	94	90	85	81
19 sek.	77	73	69	65	62	58	54	51	47	44

* shot put (result / points)

result	.00	.01	.02	.03	.04	.05	.06	.07	.08	.09	
6m	.00	212	213	214	215	216	217	218	219	220	221
	.10	222	223	224	225	226	227	228	229	230	231
	.20	232	233	234	235	236	237	238	239	240	241
	.30	242	243	244	245	246	247	248	249	250	251
	.40	252	253	254	255	256	257	258	259	260	261
	.50	262	263	264	265	266	267	268	269	270	271
	.60	272	273	274	275	276	277	278	279	280	281
	.70	282	283	284	285	286	287	288	289	290	291
	.80	292	293	294	295	296	297	298	299	300	301
.90	302	303	304	305	306	307	308	309	310	311	
7m	.00	312	313	314	315	316	317	318	319	320	321
	.10	322	323	324	325	326	327	328	329	330	331
	.20	332	333	334	335	336	337	338	339	340	341
	.30	342	343	344	345	346	347	348	349	350	351
	.40	352	353	354	355	356	357	358	359	360	361
	.50	362	363	364	365	366	367	368	369	370	371
	.60	372	373	374	375	376	377	378	379	380	381
	.70	382	383	384	385	386	387	388	389	390	391
	.80	392	393	394	395	396	397	398	399	400	401
.90	402	403	404	405	406	407	408	409	410	411	

* shot put (result / points)

result	.00	.01	.02	.03	.04	.05	.06	.07	.08	.09	
8 m	.00	412	413	414	415	416	417	418	419	420	421
	.10	422	423	424	425	426	427	428	429	430	431
	.20	432	433	434	435	436	437	438	439	440	441
	.30	442	443	444	445	446	447	448	449	450	451
	.40	452	453	454	455	456	457	458	459	460	461
	.50	462	463	464	465	466	467	468	469	470	471
	.60	472	473	474	475	476	477	478	479	480	481
	.70	482	483	484	485	486	487	488	489	490	491
	.80	492	493	494	495	496	497	498	499	500	501
	.90	502	503	504	505	506	507	508	509	510	511
9 m	.00	512	513	514	515	516	517	518	519	520	521
	.10	522	523	524	525	526	527	528	529	530	531
	.20	532	533	534	535	536	537	538	539	540	541
	.30	542	543	544	545	546	547	548	549	550	551
	.40	552	553	554	555	556	557	558	559	560	561
	.50	562	563	564	565	566	567	568	569	570	571
	.60	572	573	574	575	576	577	578	579	580	581
	.70	582	583	584	585	586	587	588	589	590	591
	.80	592	593	594	595	596	597	598	599	600	601
	.90	602	603	604	605	606	607	608	609	610	611
10 m	.00	612	613	614	615	616	617	618	619	620	621
	.10	622	623	624	625	626	627	628	629	630	631
	.20	632	633	634	635	636	637	638	639	640	641
	.30	642	643	644	645	646	647	648	649	650	651
	.40	652	653	654	656	657	658	659	660	661	662
	.50	663	664	665	666	667	668	669	670	671	672
	.60	673	675	676	677	678	679	680	681	682	683
	.70	684	685	686	687	688	689	690	692	693	694
	.80	695	696	697	698	699	700	701	702	703	704
	.90	705	706	708	709	710	711	712	713	714	715

* run – 800 m. (result / points)

result	.00	.05	.10	.15	.20	.25	.30	.35	.40	.45	.50	.55
2 min.	1650	1396	1196	1037	909	802	713	637	571	514	463	419
3 min.	379	343	311	282	255	230	208	187	168	150	134	119
4 min.	104	91	78	66	55	45	35	25	16	8	0	0

Men

* Run – 100 m. (result / points)

Wynik	.00	.10	.20	.30	.40	.50	.60	.70	.80	.90
11 sek.	861	838	817	795	774	753	732	711	691	671
12 sek.	651	631	612	593	574	556	538	520	502	485
13 sek.	468	451	434	418	402	387	371	356	341	327
14 sek.	312	298	284	271	258	245	233	220	208	197
15 sek.	185	174	163	153	143	133	124	114	105	97
16 sek.	89	81	73	66	59	52	46	40	35	30

* shot put (result / points)

Wynik	.00	.01	.02	.03	.04	.05	.06	.07	.08	.09	
6 m	.00	249	-	250	251	-	252	-	253	-	254
	.10	255	-	256	-	257	258	-	259	-	260
	.20	-	261	262	-	263	-	264	265	-	266
	.30	-	267	-	268	-	269	-	270	271	272
	.40	-	273	-	274	-	275	276	-	277	-
	.50	278	279	-	280	-	281	-	282	283	-
	.60	284	-	285	286	-	287	-	288	289	-
	.70	290	-	291	-	292	293	-	294	-	295
	.80	296	-	297	-	298	-	299	300	-	301
.90	-	302	303	-	304	-	305	306	-	307	
7m	.00	-	308	-	309	310	-	311	-	312	313
	.10	-	314	-	315	316	-	317	-	318	-
	.20	319	320	-	321	-	322	323	-	324	-
	.30	325	326	-	327	-	328	-	329	330	-
	.40	331	-	332	333	-	334	-	335	336	-
	.50	337	-	338	339	-	340	-	341	-	342
	.60	343	-	344	-	345	346	-	347	-	348
	.70	349	-	350	-	351	352	-	353	-	354
	.80	-	355	356	-	357	-	358	359	-	360
.90	-	361	362	-	363	-	364	365	-	366	

• shot put (result / points)

Wynik	.00	.01	.02	.03	.04	.05	.06	.07	.08	.09	
8 m	.00	-	367	-	368	369	-	370	-	371	372
	.10	-	373	-	374	375	-	376	-	377	378
	.20	-	379	-	380	381	-	382	-	383	384
	.30	-	385	-	386	-	387	388	-	389	-
	.40	390	391	-	392	-	393	-	394	-	395
	.50	396	397	-	398	-	399	400	-	401	-
	.60	402	403	-	404	-	405	406	-	407	-
	.70	408	-	409	410	-	411	-	412	413	-
	.80	414	-	415	416	-	417	-	418	419	-
.90	420	-	421	422	-	423	-	424	425	-	
9 m	.00	426	-	427	428	-	429	-	430	431	-
	.10	432	-	433	434	-	435	-	436	-	437
	.20	438	-	439	440	-	441	-	442	443	-
	.30	444	-	445	-	446	447	-	448	-	449
	.40	450	-	451	-	452	453	-	454	-	455
	.50	456	-	457	-	458	459	-	460	-	461
	.60	462	-	-	463	-	464	465	-	467	-
	.70	468	-	469	-	470	471	-	472	-	473
	.80	474	-	475	-	476	477	-	478	-	479
.90	480	-	481	-	482	483	-	484	-	485	
10 m	.00	486	-	487	-	488	489	-	490	-	491
	.10	492	-	493	-	494	495	-	496	-	497
	.20	498	-	499	-	500	501	-	502	-	503
	.30	504	-	505	-	506	507	-	508	-	509
	.40	510	-	511	512	-	513	-	514	515	-
	.50	516	-	517	518	-	519	-	520	521	-
	.60	522	-	523	524	-	525	-	526	527	-
	.70	528	-	529	530	-	531	-	532	533	-
	.80	534	-	535	536	-	537	-	538	539	-
.90	540	-	541	542	-	543	-	544	545	-	

* run – 1500 m (result / points)

Wynik	.00	.05	.10	.15	.20	.25	.30	.35	.40	.45	.50	.55
4 min.	953	917	861	847	813	778	745	712	680	649	619	589
5 min.	560	531	504	476	450	424	399	375	351	329	306	285
6 min.	264	244	225	206	186	171	155	139	124	110	97	85
7 min.	73	62	52	43	34	27	20	14	9	5	2	0

