

Guidelines for Mobile Application - Sports Activity (SA) I, III, V

Contact:

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- 1. Registration requirements:** In order to register for this activity, each student has to own a device to monitor heart rate with Bluetooth (sport-tester, smart watch, chest belt) and must be able to connect the device with the Mobile App STRAVA. **Students are obliged to register for this course via AIS 2.** A student can use any STRAVA-supported training application (e.g. Polar, Garmin, etc.) for training if mutual sync between applications is turned on.
If a student has to register for SA I and III simultaneously, please contact the teacher responsible for sports activities at your faculty. <https://www.upjs.sk/pracoviska/ustav-telesnej-vychovy/onas-utvs/zamestnanci/>
- 2. Installing application:** Students must install Mobile App **STRAVA** into their mobile device and register under the real name:
 - Android – [Strava: Track Running, Cycling & Swimming](#)
 - iOS – [Strava: Run, Ride, Swim](#)
 - Web – <https://www.strava.com/>
- 3. Personal profile in the application:** After registration, each student has to set the profile to be visible for everyone (Profile – Settings – Privacy Controls) and has to fill in the following items in the profile (Profile - Edit profile):
 - Name
 - Gender
 - Weight
 - In the item “**Bio**”, please, fill in your UPJS mail account (name.surname@student.upjs.sk) and sport activity applicable to you (e.g.: Sport activity I) for the administration purposes.
- 4. University club:** After registration, students must join the club: **UPJŠ Košice** (Explore – Clubs – Search) via:
 - Web page - <https://www.strava.com/clubs/upjs> or
 - Mobile App
- 5. Completion requirements:** To acquire credits, each student has to upload:
 - 10 activities (workout units) with duration at least 1 hour **OR**

20 activities (workout units) with duration at least 30 minutes

- Minimum calories burned during the span of **ALL** activities (workout units) must be 4000 kcal.
- **The analysis of a particular activity must involve Heart Rate data**

Only trainings completed during the winter semester on dates from 21.9.2020 to 23.12.2020 will be counted for the course completion.

The class in schedule at Friday from 8 P.M. to 9:30 P.M. is not a real lesson or commanded exercise time for students. It is only a matter of enrolling the subject in the timetable for the technical purposes of the AIS system. **Students can perform the activity anytime and anywhere!**

6. Contact

If required, student must communicate with teachers using only the official UPJS mail account. (name.surname@student.upjs.sk).

7. Additional info (important!):

- STRAVA app is used to quickly check a large number of students. Therefore, we avoid other forms of sending individual data.
- If your device is not compatible and there is no automatic synchronization with STRAVA app, there is still the possibility of manual syncing. In your app (garmin, xiaomi, polar, endomondo, runkeeper, or other) if possible export the TCX or GPX file with your activity. You must perform this step on your computer. Upload the exported file to the STRAVA website manually via this link: <https://www.strava.com/upload/select>. After you upload the activity, it should appear in the STRAVA app.
- If this step does not work for you, you must choose a different form of sports activities to be able claim credits.