



SPORTS AT TALTECH

Sirli Roosve
TalTech Sports Club
Tallinn University of Technology

25.08.2022

TALTECH SPORTS HALL

- **Sport complex:**
 - Ball courts
 - Gym
 - Circuit training room
 - Group training rooms
 - Table tennis area
 - Badminton courts
 - No swimming pool
- **Opening hours:**
 - Mon-Fri 8-22, Sat-Sun 9-21
- **Address:** Männiliiva street 7



OPPORTUNITIES FOR STUDENTS

DECLARE THE P.E COURSE



„MK 3001 BASICS OF
PHYSICAL MOVEMENT I“ –
3 ECTS



TRAININGS
MON, WED, THUR 8-16.00
TUE, FRI 8-15.30



COURSE NAME AND REQUIREMENTS

- **Name: MK 3001 Basics of Physical Movement I**
- 3 ECTS autumn semester (pass/fail)
- Add the course to study plan in ÕIS - Code is MK 3001
- **Requirements to pass the course:**
 - Attend at least 24 trainings
 - Individual work in Moodle (championship league game watching or participating in events organized by Sports Club)
 - Self analysis in Moodle



DECLARING THE COURSE

- Choose your field of sport and make sure to find the right coach/coordinator in which trainings you will mostly attend:
 - **Group Trainings** (body&mind, endurance, strength) – coordinator Sirli Roosve
 - **Fitness Gym** – coordinator Risto Jamnes
 - **Basketball, Volleyball** – coordinator Kris Killing
 - **Badminton, Table tennis** –coordinator Madis Koit
- Contact hours are both guided and individual.
- Still can participate in every training regardless of the chosen coordinator. **All trainings are taken into account.**



COURSE TRAINING TIMES AND ENTRANCE TO SPORTS CLUB

- **Timetable:**
 - 29.08-02.09 introductory week – trainings at 10 and 12 A.M
 - 05.09-18.12 full timetable (trainings 8-16.00 at sports club)
 - 02.-06.01 additional week (trainings at 10 and 12.00)
- **Moodle environment:** MK 3001/3002 Liikumisharrastuse alused I ja II /// Basics of Physical Movement I and II - password is **Spordiklubi**
- For entrance and attendance you need ISIC Card, which you can get from Student Union, room nr U01-217.
- In absence of ISIC, a white card will be given by Sports Club, but there's a deposit 10€ (will be given back after training period).
- **Without the card you will not be able to enter the sports hall or attend classes.**

TRAINING ATTENDANCE

- **Getting attendance:**
 - FIRST VALIDATION: Entering the sport center, at security gates
 - SECOND VALIDATION: Inside the training room
 - THIRD VALIDATION: Leaving the sport center, at security gates.
- You have to stay in the building at least 60-minutes
- Gates open 30-min prior and 10-min after the classes start (e.g. class starts at 10, you get in 9.30-10.10)



MORE INFO

- **TalTech Sport homepage:** taltech.ee/en/basics-of-physical-movement or
- **Facebook TalTech SPORT:** fb.com/taltechsport
- **Instagram:** taltechsport
- **Student Information System (ÕIS):** reminders, notices, main general information and guides
- **Moodle environment:** MK 3001/3002 Liikumisharrastuse alused I ja II
/// Basics of Physical Movement I and II
- **Contact:** sirli.roosve@taltech.ee

**TAL
TECH**

THANK YOU!