



SPORTS AT TALTECH

Sirli Roosve
TalTech Sports Club
Tallinn University of Technology

31.08.2023

TALTECH SPORTS HALL

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

**TAL
TECH**

TALLINN UNIVERSITY OF TECHNOLOGY



OPPORTUNITIES FOR STUDENTS

DECLARE THE P.E COURSE

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

TRAININGS
MON, TUE, WED, THUR, FRI
8-15.30(all sports)
TUE, THUR 18.00-19.30(only gym)

SEMESTER CARD
35€

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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 (you can see the in Student portal)
 - 3 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, Football** – coordinator Kris Killing
 - **Badminton, Table tennis** –coordinator Reelica Hanson
- 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:**

- 04.09-08.09 introductory week – trainings at 10 and 12 A.M
- 11.09-22.12 full timetable (trainings 8-15.30 at sports club)
- 08.01-12.01 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.**
- **In introductory week we do not count your training times, the gates are open to everyone**

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.
- That is the reason why you need the card. If you do not have ISIC please take the white card and if it is possible please do it before the 11th September
- 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 Course Mk3001/3002:**
<https://www.facebook.com/taltechcourse/>
- **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

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THANK YOU!