GET ECTS CREDITS THROUGH STRAVA

You can earn a maximum of 1 ECTS for the sport activities you register on Strava from October to May.

Requirements for earning ECTS:

- Join the Strava MU group (it is not necessary).
- Log at least 8 activities per month (any activity):
    - ***You must register the activities in your own profile, not in the Mondragon Unibertsitatea group.***
    - Using a GPS-enabled device (watch, wristband,...) and syncing with Strava.
    - Directly with the mobile phone through the Strava application (start activity, select type of activity, keep it active during the activity, finish and upload photo or video to Strava or share via drive with the Sports Service).
    - For gym activities, in case the activity cannot be recorded with a watch or wristband, it will be necessary to upload photos of the activity on the platform.
- ***To consider the activity valid, there must be movement for at least 40 minutes.***
- If you complete in 4, 5 or 6 months, 0.5 ECTS.
- If you complete in 7,8 months, 1 ECTS.

In May, you will receive a form to claim the credits earned and at that moment we will start reviewing your activities (it will be very important to register the activities properly).