

IDENTIFICATION

Course code : E1CP1HU2
ECTS : 1

DURATION

Lectures : 0
Tutorial classes : 15
Labs : 0
Total : 15

Project :
Personnal work :

ASSESSMENT

Oral : 1.5h - Coefficient : 1.0

TEACHING MATERIALS

Materials available on the Moodle platform.

LANGUAGE

English

CONTACT

THOMAS BARBEREAU
thomas.barbereau@univ-reunion.fr

Modifié le : 14 juillet 2026

UE : HUMANITES

COURSE : Sport I

SCOPE OF THE COURSE

OBJECTIVES

- Acquire knowledge related to the practice of physical and sports activities (engineering and culture of APS).
- Develop and refine physical and energy capacities.
- Gain a better self-awareness.
- Commit to a progress-oriented approach.
- Know how to surpass oneself and achieve personal growth.
- Develop a better understanding of others and oneself within a group.

COMPETENCE AND SKILLS

- Engage to gain points by making relevant technical and tactical choices based on the analysis of the power balance.
- Identify and/or create open spaces to produce targeted attacks and generate fast or downward trajectories to accelerate play.
- Defend by seeking to neutralize an unfavorable power balance to regain the upper hand.
- Prepare and train individually to lead and master a confrontation and shift the power balance in one's favor.
- Condition oneself, alone, to engage in a confrontation and recover from it.
- Identify, using indicators, the state of the power balance and one's individual performance level in attack and defense.
- Choose and implement, alone, one or more individual technical-tactical projects to create the conditions for winning the point and ensuring target protection.

PROGRAM

BIBLIOGRAPHY

REQUIREMENTS