

IDENTIFICATION

Course code : E1CP2HU1
ECTS : 1

DURATION

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

Project :
Personnal work :

ASSESSMENT

TEACHING MATERIALS

Materials available on the Moodle platform.

LANGUAGE

English

CONTACT

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UE : HUMANITES

COURSE : Sports II

SCOPE OF THE COURSE

OBJECTIVES

“BEACH VOLLEY

Acquire knowledge related to the practice of physical and sports activities (engineering and culture of physical and sports activities)

Develop and refine physical and energetic abilities

Better self-awareness

Engage in a process of progress

Know how to surpass oneself and achieve fulfillment

Better understanding of others and oneself within a group ”

COMPETENCE AND SKILLS

- Engage to win the point by making relevant technical and tactical choices based on the analysis of the balance of power
- Identify and/or create open spaces to produce a targeted attack, and generate tight and/or downward trajectories to speed up the game
- Defend by seeking to neutralize an unfavorable balance of power to regain the upper hand
- Know how to prepare and train individually to conduct and master an individual confrontation to tip the balance of power in one's favor
- Get into condition, alone, to engage in a confrontation and recover from it
- Identify, using indicators, alone, the state of the balance of power and one's individual level of practice in attack and defense
- Choose and implement, alone, one or more individual technical-tactical projects to create the conditions for winning the point and protecting the target

PROGRAM

BIBLIOGRAPHY

REQUIREMENTS