

IDENTIFICATION

Course code : E2CP4HM1
ECTS : 1.5

DURATION

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

Project :
Personnal work :

ASSESSMENT

Oral (1.5h)

TEACHING MATERIALS

LANGUAGE

English

CONTACT

Thomas BARBEREAU
thomas.barbereau@univ-reunion.fr

Modifié le : 14 juillet 2026

UE : HUMANITES

COURSE : Sport IV

SCOPE OF THE COURSE

OBJECTIVES

BADMINTON

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

COMPETENCE AND SKILLS

- Commit to gaining the point by making relevant technical and tactical choices based on an analysis of the balance of power.
- Identify and/or create open spaces to produce a targeted attack; generate fast and/or downward trajectories to speed up play.
- Defend by seeking to neutralise an unfavourable balance of power in order to regain the upper hand.
- Prepare and know how to train individually to conduct and master a confrontation, in order to tip the balance of power in one's favour.
- Get into the right mindset, alone, to engage in a confrontation and know how to recover afterwards.
- Identify, using indicators and independently, the state of the balance of power and one's own level of practice in attack and defence.
- Choose and implement, alone, one or more individual technical-tactical projects to create the conditions for winning the point and protecting the target.

PROGRAM

Badminton

BIBLIOGRAPHY

REQUIREMENTS