

IDENTIFICATION

Course code : E3AG5PR1
ECTS : 1

DURATION

Lectures : 0
Tutorial classes : 12
Labs : 0
Total : 12

Project :
Personnal work :

ASSESSMENT

Evaluation at the end of the cycle

TEACHING MATERIALS

LANGUAGE

English

CONTACT

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UE : UE5-PROD

COURSE : Sport

SCOPE OF THE COURSE

OBJECTIVES

— Develop and improve one's HEALTH. — Commit to sustained effort (intensity/duration). — Analyse and understand the causes and effects of an action. — Gain better self-awareness. — Discover one's physical and mental resources and abilities. — Enhance self-confidence by working on self-esteem.

COMPETENCE AND SKILLS

— Develop and mobilise one's resources (emotional/physical) to enhance motor skills, make them effective, and foster success. — Develop knowledge of organisational methods and risk and safety management related to sporting practices. — Develop leadership skills (managing a group, ability to justify decisions, kindness, fostering a climate of trust and collaboration). — Improve one's HEALTH and understand the key principles to manage one's physical, mental, and social life throughout one's lifetime.

PROGRAM

— Racket sports : learning and improvement in badminton. — Artistic activities : discovery and practical experience in Acrosport. — Team sports : training and coaching in volleyball, beach volleyball, or basketball. — Water sports : initiation and improvement in kayaking. — Physical fitness activities : introduction to general physical preparation and weight training. — Outdoor sports : initiation and improvement in orienteering (CO) or climbing.

BIBLIOGRAPHY

REQUIREMENTS