

IDENTIFICATION

Course code : E3AG6PR1
ECTS : 1

DURATION

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

Project :
Personnal work :

ASSESSMENT

Assessment at the end of the cycle

TEACHING MATERIALS

LANGUAGE

English

CONTACT

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UE : UE6-PROD

COURSE : sport

SCOPE OF THE COURSE

OBJECTIVES

— Develop and improve one's HEALTH. — Engage in effort (intensity/duration).
— Analyze and understand the causes and effects of an action. — Gain better self-awareness. — Discover one's physical and moral resources and abilities. — Boost self-confidence by working on self-esteem.

COMPETENCE AND SKILLS

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

PROGRAM

— Racket sports : learning and improvement in badminton. — Artistic activities : discovery and hands-on 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