

IDENTIFICATION

Course code : E3BE5EF4
ECTS : 1

DURATION

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

Project :
Personnal work :

ASSESSMENT

Performance tracking and setting of personal goals.

TEACHING MATERIALS

Documentation

LANGUAGE

English

CONTACT

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UE : UE5.3-EFFI

COURSE : Sports

SCOPE OF THE COURSE

OBJECTIVES

This course aims to promote health, well-being, and the values of sports through the practice of varied physical activities, while strengthening students' ability to work in teams and push their limits. Through a variety of sports and cooperative games, students will be encouraged to develop essential interpersonal skills such as communication, collaboration, and leadership.

COMPETENCE AND SKILLS

- Communicate orally, adapting to the technical knowledge level of the audience
- Organize the project according to project management methodologies

PROGRAM

- Physical initiation and preparation
- Team sports and team spirit
- Individual sports and personal development
- Health and prevention

BIBLIOGRAPHY

- Jonny Wilkinson, *Memoirs of a Perfectionist*, 2012
- Mike Horn, *Wanting to Touch the Stars*, 2016
- Grégoire Chevignard, *From My Couch to the World's Toughest Race*, 2018

REQUIREMENTS

No prerequisites.