

IDENTIFICATION

Course code : ESI-SPI-CI-AG4-S8-UE1-EC1
ECTS : 1

DURATION

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

Project :
Personnal work :

ASSESSMENT

Minimum 1 continuous assessment

TEACHING MATERIALS

N/A

LANGUAGE

English

CONTACT

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UE : UE8-PROD

COURSE : Sports

SCOPE OF THE COURSE

OBJECTIVES

- Develop and improve health
 - Engage in effort (intensity/duration)
 - Analyze and understand the causes and effects of an action
- Gain self-awareness
 - Discover physical and mental resources and abilities
 - Boost self-confidence by working on self-esteem

COMPETENCE AND SKILLS

- Develop and mobilize personal resources (emotional/physical) to enhance motor skills, make them effective, and foster success
- Develop methodological knowledge for organizing and managing risks and safety related to practices
- Develop leadership skills (managing a group, justifying decisions, showing kindness, fostering a climate of trust and collaboration)
- Improve health and understand key principles to manage physical, mental, and social well-being throughout life.

PROGRAM

- Racket sports : learning and improving badminton skills
- 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 conditioning activities : introduction to general physical preparation and weight training
- Outdoor sports : initiation and improvement in Orienteering (CO) or climbing

BIBLIOGRAPHY

N/A

REQUIREMENTS

No prerequisites