

IDENTIFICATION

Course code : ESI-SPI-CI-BE4-S8-UE2-EC2
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-QEB

COURSE : Sports

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 self-awareness
 - Discover one's physical and mental resources and abilities
 - Improve 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 methodological knowledge for organization and risk management related to practices
- Enhance leadership skills (managing a group, justifying decisions, kindness, fostering 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 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