

IDENTIFICATION

Course code : ESI-SPI-CI-IN4-
S7-UE3-EC3
ECTS : 1

DURATION

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

Project :
Personnal work :

ASSESSMENT

Performance tracking and establishment of personal objectives.

TEACHING MATERIALS

Documentation

LANGUAGE

English

CONTACT

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 activities and cooperative games, students will be encouraged to develop essential interpersonal skills such as communication, collaboration, and leadership.

UE : UE7-DEV

COURSE : Sports

SCOPE OF THE COURSE

OBJECTIVES

COMPETENCE AND SKILLS

- Communicate orally, adapting to the technical knowledge level of the interlocutors
- 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, *The Winning Mind*, 2012
- Mike Horn, *Dare to Touch the Stars*, 2016
- Grégoire Chevnard, *From My Couch to the World's Toughest Race*, 2018

REQUIREMENTS

No prerequisites.