

IDENTIFICATION

Course code : SPORT504DEV
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

Thomas BARBEREAU
thomas.barbereau@univ-reunion.fr

Modifié le : 14 juillet 2026

UE : UE5-DEV

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 their ability to work in teams and surpass themselves. Through a variety of sports activities and co-operative 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 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 Reach the Stars*, 2016
- Grégoire Chevignard, *From My Couch to the World's Toughest Race*, 2018

REQUIREMENTS

No prerequisites.