



EDUCATION PHYSIQUE ET SPORTS

PHYSICAL EDUCATION AND SPORT

Lecturers:

| Lecturers : 0.0 | TC : 90 | PW : 0.0 | Autonomy : 0.0 | Study : 0.0 | Project : 0.0 | Language : MI

Objectives

The objectives of this training action are multiple. It is firstly a question of maintaining and developing one's physical abilities through individual or collective activities, competitive or not; to develop self-confidence and psychological development. The teaching of sport and physical education is part of the development of professional and disciplinary skills, such as teamwork, autonomy, responsibility, knowledge of oneself and others, surpassing, commitment and perseverance. Through original situations, this teaching calls upon all the student's resources : motor coordination, cognitive,

Keywords :

Programme

There are 20 activities the student can choose from.

The student can embark on a course with a weekly lesson of 2 hours or in a competition group of up to 2 training sessions per week + university competitions.

In addition to weekly lessons, many optional associative activities are offered during which the student can develop a variety of skills.

Learning outcomes

- Mobilize your resources (motor coordination, affective, cognitive, relational) to be efficient.
- Engage in a sustainable project for their health and well-being.
- Use a collective project approach.
- Take responsibility within a group, a team, an association. Know yourself better in your relationship with others. Communicate, listen. Demonstrate innovation and creativity.

Independent study

Objectifs : The course is organized so as to put the student in various situations requiring a good degree of autonomy.

Méthodes : Workshop work / self-help or co-supervision situations / associative projects

Core texts

Assessment

Attendance 40% - Mobilization of its resources 20% - Individual and collective commitment 20% - Progress, self-knowledge 20%