



Degree **Sciences, technologies, health**

Specialisation **Sciences & techniques of sport and physical activities (STAPS)**

Course **Adapted Physical Activities and Health / Education and motor skills / Sports training**

## Aims

The course has 5 main aims:

- § Mastering the knowledge arising from the human, social and life sciences in relation to physical activity and health.
- § Acquiring technical, technological, scientific and teaching skills in the field of physical activity.
- § The capacity to design, organise, lead and assess intervention programmes adapted to the public concerned in relation with a career in the sectors of education, sports coaching or adapted physical activity.
- § Constructing and developing the student's career project
- § Mastering communications tools

The first two years are almost entirely the same in the three degree courses. The aim is to reinforce fundamental skills and knowledge while giving students the chance, through optional modules, to progressively specialise in a professional area of their choice.

In the 3rd year, students choose a course between the three types on offer: sports coaching (ES), education and motor skills (EM) or adapted sports activities and health (APAS).

## Admission

- § Baccalaureate, preferably scientific.

## Skills

### Adapted Physical Activities and Health Course

- § Designing and organising adapted programmes
- § Leading and assessing intervention programmes
- § Participating in, setting up and managing a project

### Education and motor skills course

- § Diagnosing and designing interventions in physical activities, sports and expression
- § Capacity to work on a one-to-one teaching basis

### Sports training course

- § Developing diagnostics
- § Designing and leading training sessions
- § Setting up techniques linked to the field of sport

## After the course

### Continuing studies

- § according to the course chosen, the degree allows students to go on to do an education or STAPS master's degree and any master's degree combining the sub-sectors of sport and health.

### Job openings

- § Sports coach, physical trainer or therapist working in rehabilitation or preventive health in schools, etc.

## Contact

### School

+33 (0) 4 77 48 50 01

## Tuition fees

### Fees 2017/2018

Main registration:	€184
Preventive medicine:	€5.10
Social security:	€217

# Programme

term 1 - STAPS	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Basic physiology	44	6
CU General psychology	44	6
CU Introduction to sports sociology	24	5
<b>TECHNOLOGY OF PHYSICAL ACTIVITIES</b>		
CU Methodology of analysis adapted to physical activity	22	5
CU Sports science 1	54	4
<b>SPECIFIC COURSE AND CAREER PREPARATION</b>		
CU Sports science 2	54	4
<b>OR DEPENDING ON TERM (T1 &amp; T2) 1 MANDATORY CU AND 1 CHOICE FROM LIST</b>		
CU Sports science optional (physical exercise, rescue, etc.)	20	2
<b>Students choose 1 CU from the following list:</b>		
CU Digital tools and culture - Textual tools	20	2
CU Club training - Textual tools	20	2
CU English (refresher course) - Textual tools	20	2

term 3 - STAPS	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Physiology: energetics of exercise	44	5
CU Functional anatomy	32	4
CU Analysis of motor behaviour	44	5
CU Sociology: sports, cultures and societies	34	4
<b>TECHNOLOGY OF PHYSICAL ACTIVITIES</b>		
CU Sports science 4	54	3
CU Sports science 5	54	3
<b>SPECIFIC COURSE AND CAREER PREPARATION</b>		
CU Sports speciality and internship 1	22	3
<b>INTERDISCIPLINARY</b>		
CU English	20	3

term 5 - Adapted Physical Activity & Health Course	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Biomechanics	40	3
CU Neuromuscular physiology	36	3
CU Body, Sport and Society	20	2
UE Psychology of Development	32	3
<b>SPECIFIC APAH COURSE</b>		
CU Physical activity and health	20	2
CU Applied sociology	20	2
CU Understanding disability	54	6
CU Tools to assess adapted physical activities	14	2
CU Theory and practice of Sports science	32	4
<b>CAREER PREPARATION</b>		
CU Approach to the professional environment		3
CU has 4 mandatory elements:		
Understanding professional environments	10	
Professional legislation and rights	20	
Professional integration assistance (including customised course for intellectually gifted children)	10	
Short internship in Sports science	10	

term 5 - Education and Motor Skills Course	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Biomechanics	40	3
CU Neuromuscular physiology	36	3
CU Body, Sport and Society	20	2
CU Psychology of Development	32	3
<b>SPECIFIC EM COURSE</b>		
CU Didactics of PE and understanding the education system	40	6
CU Physiology of exercise in children and teenagers	20	2
CU Sports science 1	32	3
CU Sports science 2	32	3
CU Sports science 3	32	3
<b>CAREER PREPARATION</b>		
CU Internship teaching professions 1		
<b>INTERDISCIPLINARY</b>		
CU Open credits (inc. I.T. tools, English and customised course for intellectually gifted children)	20	2

term 2 - STAPS	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Biomechanics	44	6
CU Descriptive anatomy	30	6
CU Understanding motor skills	12	2
CU History of sport	24	4
CU Law and economics of sport	12	2
<b>TECHNOLOGY OF PHYSICAL ACTIVITY</b>		
CU Sports science 3	54	4
<b>SPECIFIC COURSE AND CAREER PREPARATION</b>		
CU Sports science 2	54	4
<b>OR DEPENDING ON TERM (T1 &amp; T2) 1 MANDATORY CU AND 1 CHOICE FROM LIST</b>		
CU APS optional (physical exercise, rescue, etc.)	20	2
<b>Students choose 1 CU from the following list:</b>		
CU Digital tools and culture - Textual tools	20	2
CU Club training - Textual tools	20	2
CU English (refresher course) - Textual tools	20	2
CU PPP 1: Introduction to professional environments	8	2

term 4 - STAPS	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Physiology: endocrinology and metabolism	44	5
CU Social psychology	34	4
CU Social history of sport	36	4
<b>TECHNOLOGY OF PHYSICAL ACTIVITIES</b>		
CU Sports science 6	54	3
CU Sports science 7	54	3
<b>SPECIFIC COURSE AND CAREER PREPARATION</b>		
CU Sports speciality and internship 2	22	2
CU PPP 2: Theory and practice of intervention	42	4
<b>INTERDISCIPLINARY</b>		
CU English	20	3
CU Open credits	20	2

term 6 - Adapted Physical Activity & Health Course	Hours	ects
<b>SPECIFIC APAH COURSE</b>		
CU Intervention analysis	32	3
CU Practice and simulation of disability	22	3
CU Supervising sports and activities	30	3
CU Process of social integration	22	2
UE Psycho-pathology and normality	20	2
CU Specific bodybuilding supervision	10	2
<b>INTERDISCIPLINARY</b>		
CU English	20	2
CU Open credits (inc. therapeutic education of patients)	40	2
<b>CAREER PREPARATION</b>		
CU Long internship in sports science	40	11

term 6 - Education and Motor Skills Course	Hours	ects
<b>SPECIFIC EM COURSE</b>		
CU Theories of Learning	40	6
CU History of PE and the education system	40	6
CU Sociology of the school and physical Education	20	2
CU Methodology of the dissertation	20	2
CU Sports speciality	20	2
CU Sports science 4	32	3
CU Sports science 5	32	3
<b>CAREER PREPARATION</b>		
CU Internship teaching professions 2	60	6

term 5 - Sports training course	Hours	ects
<b>SCIENTIFIC COURSES</b>		
CU Biomechanics	40	3
CU Neuromuscular physiology	36	3
CU Body, Sport and Society	20	2
UE Psychology of Development	32	3
<b>SPECIFIC ES COURSE</b>		
CU Physical activity and health	20	3
CU Sociology of organisations and sports performance	20	2
CU Physiology: adaptations and extreme conditions	20	2
CU Biomechanics applied to sports training	20	2
CU Sports legislation and law	20	2
CU Theoretical and practical physical preparation	40	4
CU Bodybuilding: health project	20	2
<b>CAREER PREPARATION</b>		
CU Internship sports training 1	20	
<b>INTERDISCIPLINARY</b>		
CU Open credits (inc. I.T. tools, English and customised course for intellectually gifted children)	20	2

term 6 - Sports training course	Hours	ects
<b>SPECIFIC ES COURSE</b>		
CU Theory of intervention and management of sports training	32	4
CU Practical physical preparation	20	3
CU Performance bodybuilding	20	2
CU Sports speciality - 2 mandatory elements:		4
Sports speciality level 1	20	
Sports speciality level 2 (in partnership with The region)	40	
CU Mental and psychological preparation	20	3
CU Physiology - 2 mandatory elements:		6
Fatigue and recovery	20	
Methodology of training	30	
<b>CAREER PREPARATION</b>		
CU Internship sports training 2	40	6
<b>INTERDISCIPLINARY</b>		
CU English applied to sports training	20	2