

SPORT S5 S6 SPORTS

SPORTS5AA/S6AA Sports	Duration : 20 hours	ECTS Credits : /	Terms : S5, S6
Person(s) in chage : Pascal Admant, SIUAP certified professor pascal.admant@wanadoo.fr			
Key Words: Sport			
Prerequisites: This coursework is for any student regardless of their athletic background (except for exempted students). The pedagogy used allows a real progress in the chosen field.			
Aims : Physical Activity			
Programmes et contenus : Objectifs pédagogiques Physical training is an important part of a balanced educational program. The training contributes to the personal accomplishment of the students and rewards them with a better morale and a makes them used to a healthy lifestyle. Beyond working on technical and athletic skills, this course aims to invest oneself in developing better adaptation skills to any social environment. Content - Program The program is based on a selection of athletic, physical and artistic activities. These activities help the student enhance his or her motor skills as well as their relational behaviour. Hence leading him or her to a better self-knowledge and an increasing self-esteem as he or she takes over his or her own training. Evaluation method : Students will be evaluated according to their commitment and their improvements in their athletic level.			
Evaluation:			
<input type="checkbox"/> Written Test	<input checked="" type="checkbox"/> Continuous testing	<input type="checkbox"/> Oral Defence	<input type="checkbox"/> Project
		<input type="checkbox"/> Written Report	