Sports and Artistic Physical Activities 6

ECTS credits
1 credits

In brief

Course langage: French

Presentation

Learning objectives

Increase in the level of competence in the chosen physical, sports and artistic activity (PSAA)
Ability to demonstrate a strong commitment to oneself and to one's "PSA group
Ability to contribute effectively to the proper functioning of one's group or team
Ability to manage one's physical life and maintain one's "health capital

Description of the programme

Each student chooses an eligible APSA for the semester.
Weekly participation with the chosen APSA group is expected.
Instruction focuses on the acquisition of procedures for "increasing the level of athletic or artistic competence" and the effective and diligent implementation of these procedures.

Generic central skills and knowledge targeted in the discipline

During APSA classes, students will develop resources that contribute to the construction of the five competencies of the Central School's educational program:
- development of strategies based on a precise analysis (stakes, definition of objectives, context, risk management, evaluation of one's own strengths and weaknesses and those of partners and opponents) ;
- making decisions in real time or in delayed time based on a refined perception of the evolution of the context;
- contribution to the construction of a group or a team that functions efficiently by considering and respecting each of its members;
- Ability to act autonomously in order to develop one's own level of competence.

How knowledge is tested

Continuous assessment
Students are evaluated on their attendance, on their level of commitment to progress and on their investment in the optimal functioning of the group

Teaching team

Temporary teachers

Total des heures		**15h**
TD	Directed work	15h

Useful info

Name responsible for EU

Lead Instructor
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