Sports and Artistic Physical Activities 5

ECTS credits
1 credits

In brief

Course langage: French

Presentation

Learning objectives

- Increased level of competence in the chosen physical, sporting and artistic activity (PSAA)
- Ability to demonstrate a strong commitment to self and to the "PSA group
- Ability to contribute effectively to the 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.
The teaching focuses on the acquisition of procedures for "increasing the level of sporting or artistic competence" and on the effective and assiduous implementation of these procedures.

Generic central skills and knowledge targeted in the discipline

The student develops, during APSA lessons, resources contributing to the construction of the five competences of the Central School pedagogical programme:
- develop 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 or delayed time on the basis of a refined perception of the evolution of the context
- contribution to the construction of an effectively functioning group or team 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 assessed on their attendance, their level of commitment to progress and 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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