

Number of ECTS credits : 2

Course language : Français , Anglais

Course responsible : DELAUNAY Hervé

Teachers : CATTEROU Guillaume , DELAUNAY Hervé , GUILLOTTE Florence , LACROIX Jean-Luc , LE PETIT Yann , MARZIN Nicolas , MICHAUX Jean-François , TILAGONE Philippe

≡ COURSE DESCRIPTION

During two hours (cycles 5 to 7 sessions of)

Sequences allowing practice of physical activity and sports (APS) on practice locations differentiated : gym room (team sports, dual activities, ...), fitness cardio center (bikes, rowing machines, treadmills, ...) , fitness room (dance, step, French boxing, ...), fitness room, team sports courses outdoors, physical preparation on natural site, outdoor activities (biking, Run & Bike, CO).

≡ COURSE OBJECTIVES

- **Arrange** a sometimes distant sport
- Giving of **its physical life management habitus**
- Allow a **discovery and development of sport and physical activity**
- Achieving a number of **specific skills that meet the generic skills of Audencia repository** (see sections targeted competencies)
- Respond favorably as possible **to the selected assessment items (4)**

≡ LEARNING GOALS

LO01 - Analysis : Make use of critical analysis/critical thinking skills

LO04 - Action : Make proposals, take initiatives

LO05 - Action : Evaluate, prevent and manage short, medium and long-term risks

LO08 - Entrepreneurship and Innovation : Take the initiative for projects

LO14 - Cooperation : Work effectively in a team

≡ TACKLED CONCEPTS

Choices and orientations of the evaluation of "OUT and BE KNOW" in SPORT / EPS through 4 items

(5 pts per item) :

1 / **Investment in relation to oneself** (and ENGAGEMENT RESOURCES COMMITMENT, productive participation, perseverance, self-transcendence, ...) -> **7 potential specific skills**

2 / **Investment compared to the group** (GROUP WORK: access to a methodology collective project, take responsibility, be open to others ...) -> **13 potential specific skills**

3 / **To know** (ADAPTATION, EVOLUTION) -> **15 potential specific skills**

4 / **PERFORMANCE level** (specific to each retained APSA)

≡ LEARNING METHODS

Work cycles to 5-7 sessions of

- Work group
- Individual and inter-individual
- Differentiated Instruction
- Method "trial - error"
- Comparative and autonomous Pedagogy:
 - > Evaluation and Education by the image, by observation, self description, interactivity in the practice of the effort and movement
 - > Establishment of opposition situations (matches, tournaments, ...)
- Anticipation and gradual preparation of a group grip (eg preparation to heating, setting up a basic learning situation, ...)

≡ ASSIGNMENTS

- Active participation, spontaneous (commitment) and motivated on all work cycle of lessons
- Participation productive lives up to its own capacity (ability to mobilize resources)
- Openness to others
- Acceptance remarks
- Passage in all sports roles (different positions, rotations in the exercises, ...) and social (captain, coach, referee, guardian, responsible for driving position, workshop, ...)
- Demonstrate attendance

-> **Particular Attention to the justification of absences or exemptions.**

Reminder of the new absence management guidelines:

Absences unexcused

-> New situation:

TOLERANCE for sessions per working cycle

- During June-August sessions -> 0 no
- During September-November sessions -> 1 no
- During 12-14 sessions -> 2 absences
- Over 15 sessions and more -> 3 absences

NB: -2 points on the rating of CC (overall score range Continuous control according profile and skills learned) with each additional failure

Excused Absences:

- Medical certificate with a minimum duration of 3 days
- Institutional Representations
- Group Interviews for internships
- Exceptional events of proof

Also as part of the course SPORT / EPS:

-> + 50% of excused absences = not rated

-> - 50% attendance for the courses due score = <8 and therefore 0 credits

Recall :

- Note > 10/20 = 100% of the credits
- Note 8 to 9.90 / 20 = 50% of appropriations
- Note <8/20 = no credit

≡ BIBLIOGRAPHY

Références et sources pour l'écriture et choix des compétences à atteindre :

- Référentiel de compétences pour la formation par les APSA des élèves des Grandes Ecoles (*Séminaire groupe Activités Physique Sportive Conférence Grandes Ecoles - Lyon janvier 2014*)
- Analyse des compétences du référentiel et orientations de la CTI (Commission des Titres d'Ingénieurs), du RNCP (Répertoire National des Certifications Professionnelles), RSE (Responsabilité Sociale des Entreprises) et synthèses et réflexions théoriques autour des programmes Grandes Ecoles et projets existants.
- Socle Commun, Compétences Motrices et Compétences méthodologiques (*Programmes EPS 2009*)
- Référentiel Compétences Audencia (*Groupe de travail responsables de disciplines déc. 2014 à mars 2015 - Portfolio Audencia*)
- Travaux Groupe de Réflexion Discipline Sport Audencia (*Décembre 2014 et Juin 2015 - choix stratégiques des compétences génériques et mise en place des compétences spécifiques*)

Hervé Delaunay - Resp. discipline Sport Audencia

≡ EVALUATION METHODS

100 % : Contrôle continu

≡ SESSIONS

1

10 séances de 2h00 sur site ou à l'extérieur
TRAVAUX PRATIQUES : 20h00
