

**Number of ECTS credits :** 2

**Course language :** French

**Course leader :** DELAUNAY HERVE

## ≡ COURSE DESCRIPTION

### During two hours (cycles 5 to 6 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 OBJECTIVES

<b>C4B learning goal</b>	LG2 - Action
<b>C4B learning objective</b>	LO4 - Make proposals, take initiatives
<b>Outcomes</b>	Lev. 2 - Construct unexpected proposals with high responsiveness
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<b>C4B learning goal</b>	LG5 - Cooperation
<b>C4B learning objective</b>	LO14 - Work effectively in a team
<b>Outcomes</b>	Lev. 3 - Demonstrate a commitment to group work, encourage partners and create involvement and adherence

## ≡ 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 5-6 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, ...)

## ≡ EXPECTED WORK AND EVALUATION

- 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:**

Excused Absences:

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

### **Recall :**

- Note > 10/20 = 100% of the credits
- Note < 9.90/20 = 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.
- Référentiel Compétences Audencia (*Groupe de travail responsables de disciplines déc. 2014 à mars 2015 - Portfolio Audencia*) inclus 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 % : Continuous Assessment

## ≡ SESSIONS

### 1 Session 1

PRACTICAL WORK : 04h00

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Proposal of a panel of activities to the students to establish a programming on a maximum of two cycles of 5 or 6 sessions (programming below)

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### 2 Session 2

PRACTICAL WORK : 04h00

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Discovery - learning instructions

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### 3 Session 3

PRACTICAL WORK : 04h00

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Initial discoveries and learning - groups of levels

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### 4 Session 4

LECTURE : 04h00

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Formative evaluation

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### 5 Session 5

PRACTICAL WORK : 04h00

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Motor and cognitive learning, finalization of achievements in terms of performance and methodology

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### 6 Session 6

LECTURE : 04h00

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Final evaluation of the cycle

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