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## 2SL9000 – Sport

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**Instructors:** Stéphane Blondel

**Department:** DÉPARTEMENT EDUCATION PHYSIQUE ET SPORTIVE

**Language of instruction:**

**Campus:** CAMPUS DE PARIS - SACLAY, CAMPUS DE RENNES, CAMPUS DE METZ

**Workload (HEE):** 30

**On-site hours (HPE):** 48,00

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### Description

To contribute, through the practice of physical sports activities and expression , to the training of future citizens.

### Quarter number

S7 and S8

### Prerequisites (in terms of CS courses)

None

### Grading

In-service training Self-assessment

### Learning outcomes covered on the course

- Managing the risk/safety pair
- Integrate an "eco-citizen" approach
- Use a collective project methodology.
- Take responsibility within a group, a team, an association.
- Be able to communicate and listen.
- Demonstrate innovation and creativity
- To enter into a logic of personal development
- To train throughout one's life

### Description of the skills acquired at the end of the course

1-

Distinguish between situations of perceived (subjective) risk and situations of real (objective) risk to self and others (C3-4, C9-1, C9-2, C9-3, C9-4)

Master attitudes that ensure individual and collective safety (C3-4, C9-1, C9-2, C9-3, C9-4)

Manage emotions in situations of opposition, competition, representation or uncertainty (C3-4, C7-3, C9-1, C9-2, C9-3, C9-4)



2-

Act with respect for oneself and others - take into account differences (disability, cultures...) (C3-4, C3-7, C5-2, C7-2, C7-3, C9-1, C9-2, C9-3, C9-4)  
Respect the environment, practice areas and equipment (C3-4, C7-3, C9-1, C9-2, C9-3, C9-4)  
Show empathy and altruism (C3-4, C7-3, C9-1, C9-2, C9-3, C9-4)

3-

Define achievable common goals (C8-1, C8-2, C8-3, C8-4)  
Define and allocate roles within the group (C3-2, C7-2, C7-3, C8-1, C8-2, C8-3, C8-4)  
Make and accept decisions (C3-2, C8-1, C8-2, C8-3, C8-4)  
Regulate and follow up a group project (C3-2, C8-1, C8-2, C8-3, C8-4)

4-

Accept roles and assume responsibilities related to missions (including financial) (C8-1, C8-2, C8-3, C8-4)  
Use levers to motivate a team or an individual (C8-1, C8-2, C8-3, C8-4)  
Train peers (C8-1, C8-2, C8-3, C8-4)

5-

Adapt communication to the group, to the individual, to non-specialists... (C8-1, C8-2, C8-3, C8-4)  
Use verbal and non-verbal communication (C8-1, C8-2, C8-3, C8-4)  
Manage conflict (C8-1, C8-2, C8-3, C8-4)  
Make appropriate use of ICT (information and communication technology) (C8-1, C8-2, C8-3, C8-4)

6-

Imagine original solutions (C3-1, C3-4, C3-7, C8-2)  
Dare to leave one's comfort zone (C3-1, C3-4, C3-7, C8-2)  
Engage in a creative process (C3-1, C3-4, C3-7, C8-2, C8-3)

7-

Adapt warm-up and training to your profile (C2-2, C2-3, C9-1)  
Know your strengths and weaknesses (C2-2, C2-3, C9-1)

8-

Question oneself in order to evolve in one's practices (C2-2, C2-3, C9-1)  
Plan your practice with a view to an objective (C2-2, C2-3, C9-1)