

AREA: HUMANITIES AND SOCIAL SCIENCES

Bachelor's degree in Sport and Exercise Science and Technology, "Sports training" option							
Modules (U.E.s)	Topics	L	T	P	Weighting	ECTS	
UEF T5510C- : Practicing sports and Training (1)	T55103-: Training and psychological potential (1)		9	12	0,5	2	7
	T55102-: Training and energy / muscular potential (1)		9	12	0,5		
	T5510C1: Choice of sports and exercise (APS) specialisation (cf. list of APS offered by RUOA)		20	20	1		
UEF T5511-- : Scientific knowledge and Training (1)	T55111-: Physiological performance factors	15	12	9	2	5	9
	T55112-: Biomechanical performance factors	15	12	9	2		
	T55113-: Sociology of high-level sports	12	6		1		
UEF T5512C- : Knowledge about the field of training (1)	T55121-: Methodology of sports training	9	9		0,5	3	6
	T55122-: Medical and biological monitoring	12	0		1		
	T5512C3: Psychological performance factors in sports	15	12		1,5		
UEF T5513-- : Placement	T55131-: Work experience in a professional environment					1,5	5
	T55132-: Professional project		9		1,5		
UEC T554CES : Tools and methods (1)	T554ES2 or T554ES3: Information technology or English		15		1	2	3
	T5L3543: Introduction to research			12	0,5		
	T554ES5: Preparation for regional competitive exams (1) or		12		0,5		
	T554ES4: Writing techniques or		12		0,5		
	T554ES6: Behaviour analysis and observation or		12		0,5		
	T554ES7: Composing reports and briefing notes or		12		0,5		
	T554ES8: Starting a business (Créactiv' Nantes) or		12		0,5		
	T554ES9: Analysing social data		12		0,5		
		78	125	74	13,5	13,5	30
					277		

* EC 541 alternates semesters: for one group, IT can be programmed for S5 and English for S6 (or the opposite)

Bachelor's degree in Sport and Exercise Science and Technology, "Sports training" option							
Module (U.E.s)	Topics	L	T	P	Weighting	ECTS	
UEF T6610C-: Practicing sports and Training (2)	EC T66103-: Training and psychological potential (2)		9	12	0,5	2	7
	EC T6610C2: Training and energy / muscular potential (2)		9	12	0,5		
	EC T6610C3: Choice of sports and exercise (APS) specialisation (cf. list of APS offered by RUOA)		20	20	1		
UEF T6611--: Scientific knowledge and Training (2)	EC T66111-: Optimising performance and physiology	18	12		1,75	4,5	8
	EC T66112-: Collective dimensions in performance and sports training	18	12		1,75		
	EC T66113-: Law relating to high-level sport	12	6		1		
UEF T6612C-: Knowledge about the field of training (2)	EC T6612C1: Methodology of sports training	9	9		0,5	3	6
	EC T6612C2: Analysis techniques for sports performances	12	15		1,5		
	EC T66122-: Traumatology	12			1		
UEF T6613--: Placement	EC T66131-: Work experience in a professional environment					2	6
	EC T66132-: Professional project		9		2		
UEF T664CES : Tools and methods (2)	EC T664ES1 or T664ES2: Information technology or English		15		1	2	3
	EC T664ES4: Preparation for regional competitive exams (2) or		12		1		
	EC T664ES3: Introduction to Research or			12	1		
	EC T664ES5: Behaviour analysis and observation or		12		1		
	EC T664ES9: Analysing social data or		12		1		
	EC T664ES8: Setting up private sports services or		12		1		
	EC T664ES6: Starting a business (Créactiv' Nantes)		12		1		
		81	128	44	13,5	13,5	30
		253					

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