

Improving one's autonomy and building one's own professional project level 2 S7



ECTS
4 crédits



Hourly volume
46h

Introducing

- ¿ Enrich your professional network
- ¿ Set development axes, objectives and action plans

Objectives

At the end of this module, the student will have understood and be able to explain (main concepts):

Physical and Sports Activities

The student will be able to:

to list the problems to be solved:

- ¿ Know the Physical and Sports Activity (rules, meaning, roles, etc.),

- ¿ Design the objective of the project.

to organize:

- ¿ Know the constraints, the resources, and the means available,

- ¿ Know how to choose and plan actions over time,

- ¿ Know how to get involved in the group and the project: know how to adapt, dare to stimulate action, know how to give up, propose, etc.

to regulate:

- ¿ Know how to observe,

- ¿ Know how to carry out a balance sheet,

- ¿ Know how to readjust the choices if necessary.

Individualized Professional Project

The student should be able to:

- ¿ Develop your professional vision and define a strategy.

- ¿ Customize, present and compare your project to professionals

Necessary prerequisites

Learning outcomes 1st, 2nd, 3rd year.

Practical info

Location(s)

 Toulouse