

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



4 crédits



Hourly volume

46h

# Introducing

### Description

The student should be able to:

- ¿ Develop your professional vision and define a
- ¿ Customize, present and compare your project to professionals
- ¿ 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.

# Necessary prerequisites

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

### Évaluation

L'évaluation des acquis d'apprentissage est réalisée en continu tout le long du semestre. En fonction des enseignements, elle peut prendre différentes formes : examen écrit, oral, compte-rendu, rapport écrit, évaluation par les pairs...

# Practical info

#### Location(s)



Toulouse

Individualized Professional Project

