INSTITUT NATIONAL DES SCIENCES APPLIQUÉES TOULOUSE

Physical Activities and Sports

Introducing

Description

The APS (Physical and Sports Activities) offering is structured around several categories:

Team sports: football, basketball, volleyball

Individual sports: tennis, badminton, climbing, judo, strength training, gymnastics

Artistic and expressive activities: circuit training, dance

Outdoor activities: outdoor physical and nature-based activities (OPNA), golf

Adapted sports: adapted strength training, learn-to-swim, learn-to-ride, Pilates, sophrology

At the beginning of the academic year, students use a dedicated platform ("choix APS") to rank the available APS options in order of preference. Each student is then assigned an activity based on their choices and availability.

All APS sessions are supervised by certified PE teachers, either permanent staff (CAPEPS, AGREGATION holders) or external instructors.

Objectives

At the end of this module, the student should have understood and be able to explain the following key concepts:

Deepened self-awareness.

Ability to interact effectively with others.

The student should be able to:

Analyze a problem collaboratively (identify the issue, define possible approaches through interactive discussion).

Facilitate group expression and decision-making, allowing everyone to share their opinion.

Adjust and regulate their behavior in response to others.

Identify their own strengths and weaknesses, as well as those of others.

Apply these insights in the context of physical and sports practice.

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

Non-contractual information

Location(s)

Toulouse

Non-contractual information