

[EC : EPS1-S1 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS1-S2 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS2-S1 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS2-S2 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS3-S1 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS3-S2 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS4-S1 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS4-S2 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS5-S1 - Education Physique et Sportive / Physical Education - ECTS](#)

[EC : EPS5-S2 - Education Physique et Sportive / Physical Education - ECTS](#)

IDENTIFICATION

CODE : CDS-1-S1-EC-EPS
ECTS :

HOURS

Cours : 0h
TD : 21h
TP : 0h
Projet : 0h
Evaluation : 0h
Face à face pédagogique : 21h
Travail personnel : 0h
Total : 21h

ASSESSMENT METHOD

Assessment in Physical Education relates to what has been taught in the APSA (Physical, Sports and Artistic Activities), in the form of an in-service assessment in the activity, with final marking every six months.

The mark takes into account :
-The degree of acquisition and mastery of the motor skills specific to the APSA
-The degree of acquisition of the cross-curricular behavioural skills expected in each of the sports,
-Individual and team performance
-Progress made or objectives achieved over the cycle.
-Theoretical knowledge of the sport

For SEMESTER 1:
Two assessments: APSA 1 (coef 1) + Cross FIMI (coef 0.25)

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

CONTACT

Mme JAUSSAUD Marie :
marie.jaussaud@insa-lyon.fr
Mme CASANOVA Sophie :
sophie.casanova@insa-lyon.fr

AIMS

This EC is part of the Teaching Unit: HUM (HUMANITES)

Cross-curricular competences targeted by this EC:

1-Knowing oneself, managing oneself physically and mentally
-Develop motor skills
-Maintain and improve physical condition

2-Work and learn independently:

-Construct solutions through action in sporting situations

3-Interact with others, work as part of a team:

-Integrate and find one's place in a group
-Communicate appropriately

4-Demonstrate creativity:

-Develop a creative approach
-Developing the dynamics of the imagination

5-Act responsibly in a complex world:

-Integrate a responsible dimension into your actions

6- Working in an international and intercultural context:

-Integrating cultural diversity into group work

Skills and knowledge worked on and assessed in this EC:

Know how to warm up and lead a warm-up session
-Be able to make the necessary efforts to adapt and progress
-Acquire movement patterns specific to each of the sports
-Be able to convey information clearly and comprehensibly
-Explore a sensitive and communicative body
-Experience the poetic dimension of the body
-Show an interest in others and the group project
-Know the data relating to VMA and the different types of training
-Know your strengths and weaknesses
-Be familiar with the principles of action related to sports activities
-Know the rules of the game
-Know the safety rules

CONTENT

4 Different methods depending on the course:

1 Physical Education lessons: Menu of 3 APSAs (Sports and Artistic Physical Activities) over the year.

*High Intensity activities: Long run, Orienteering, Body-building (circuit-training), Run and bike, etc.

*Collective activities: Basketball, Dance, Football, Handball, Rugby, Ultimate, Volleyball, etc.

*Individual activities: Badminton, French boxing, Canne d'arme, Dance, Body-building, Tennis, Table tennis, Archery, etc.

2 Appropriate Physical Education : For all students who are totally or partially physically unfit for more than 2 months.

Swimming, Body-building, Sophrology, Somatic practices, Wheelchair basketball, Wheelchair basketball, Table tennis...

3 Advanced courses :

Specialisation in a sporting activity: training and participation in university competitions

4 High-level sports section:

Training and university competitions

BIBLIOGRAPHY

PRE-REQUISITES

INSA LYON

Campus LyonTech La Doua

20, avenue Albert Einstein - 69621 Villeurbanne cedex - France

Tél. + 33 (0)4 72 43 83 83 - Fax + 33 (0)4 72 43 85 00

www.insa-lyon.fr

membre de



IDENTIFICATION

CODE : CDS-1-S2-EC-EPS
ECTS :

HOURS

Cours : 0h
TD : 19.5h
TP : 0h
Projet : 0h
Evaluation : 0h
Face à face pédagogique : 19.5h
Travail personnel : 0h
Total : 19.5h

ASSESSMENT METHOD

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- The degree of acquisition of the cross-curricular behavioural skills expected in each of the sports,
- Individual and team performance
- Progress made or objectives achieved over the cycle.
- Theoretical knowledge of the sport

For SEMESTER 2:

Two assessments, one in each of the two sports taught, giving a mark out of 20 (coef 1)

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

CONTACT

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- Develop motor skills
- Maintain and improve physical condition

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3-Interact with others, work as part of a team:

- Integrate and find one's place in a group
- Communicate appropriately

4-Demonstrate creativity:

- Develop a creative approach
- Developing the dynamics of the imagination

5-Act responsibly in a complex world:

- Integrate a responsible dimension into your actions

6- Working in an international and intercultural context:

- Integrating cultural diversity into group work

Skills and knowledge worked on and assessed in this EC:

- Know how to warm up and lead a warm-up session
- Be able to make the necessary efforts to adapt and progress
- Acquire movement patterns specific to each of the sports
- Be able to convey information clearly and comprehensibly
- Explore a sensitive and communicative body
- Experience the poetic dimension of the body
- Show an interest in others and the group project
- Know the data relating to VMA and the different types of training
- Know your strengths and weaknesses
- Be familiar with the principles of action related to sports activities
- Know the rules of the game
- Know the safety rules

CONTENT

4 Different methods depending on the course:

1 Physical Education lessons: Menu of 3 APSAs (Sports and Artistic Physical Activities) over the year.

*High Intensity activities: Long run, Orienteering, Body-building (circuit-training), Run and bike, etc.

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*Individual activities: Badminton, French boxing, Canne d'arme, Dance, Body-building, Tennis, Table tennis, Archery, etc.

2 Appropriate Physical Education : For all students who are totally or partially physically unfit for more than 2 months.

Swimming, Body-building, Sophrology, Somatic practices, Wheelchair basketball, Wheelchair basketball, Table tennis...

3 Advanced courses :

Specialisation in a sporting activity: training and participation in university competitions

4 High-level sports section:

Training and university competitions

BIBLIOGRAPHY

PRE-REQUISITES

IDENTIFICATION

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ECTS :

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Travail personnel : 0h
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The mark takes into account :

- The degree of acquisition and mastery of the motor skills specific to the APSA
- The degree of acquisition of the cross-curricular behavioural skills expected in each of the sports,
- Individual and team performance
- Progress made or objectives achieved over the cycle.
- Theoretical knowledge of the sport

For SEMESTER 1:

Two assessments in the first sporting activity, giving a mark /20

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

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- Integrating cultural diversity into group work

Skills and knowledge worked on and assessed in this EC:

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- Experience the poetic dimension of the body
- Show an interest in others and the group project
- Know the data relating to VMA and the different types of training
- Know your strengths and weaknesses
- Be familiar with the principles of action related to sports activities
- Know the rules of the game
- Know the safety rules

CONTENT

4 Different methods depending on the course:

1 Physical Education lessons: Menu of 3 APSAs (Sports and Artistic Physical Activities) over the year.

*High Intensity activities: Long run, Orienteering, Body-building (circuit-training), Run and bike, etc.

*Collective activities: Basketball, Dance, Football, Handball, Rugby, Ultimate, Volleyball, etc.

*Individual activities: Badminton, French boxing, Canne d'arme, Dance, Body-building, Tennis, Table tennis, Archery, etc.

2 Appropriate Physical Education : For all students who are totally or partially physically unfit for more than 2 months.

Swimming, Body-building, Sophrology, Somatic practices, Wheelchair basketball, Wheelchair basketball, Table tennis...

3 Advanced courses :

Specialisation in a sporting activity: training and participation in university competitions

4 High-level sports section:

Training and university competitions

BIBLIOGRAPHY

PRE-REQUISITES

IDENTIFICATION

CODE : CDS-2-S2-EC-EPS
ECTS :

HOURS

Cours : 0h
TD : 18h
TP : 0h
Projet : 0h
Evaluation : 0h
Face à face pédagogique : 18h
Travail personnel : 0h
Total : 18h

ASSESSMENT METHOD

Assessment in Physical Education relates to what has been taught in the APSA (Physical, Sports and Artistic Activities), in the form of an in-service assessment in the activity, with final marking every six months.

The mark takes into account :

- The degree of acquisition and mastery of the motor skills specific to the APSA
- The degree of acquisition of the cross-curricular behavioural skills expected in each of the sports,
- Individual and team performance
- Progress made or objectives achieved over the cycle.
- Theoretical knowledge of the sport

For SEMESTER 2:

Two assessments in the first sporting activity, giving a mark /20

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

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- Integrating cultural diversity into group work

Skills and knowledge worked on and assessed in this EC:

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- Be able to convey information clearly and comprehensibly
- Explore a sensitive and communicative body
- Experience the poetic dimension of the body
- Show an interest in others and the group project
- Know the data relating to VMA and the different types of training
- Know your strengths and weaknesses
- Be familiar with the principles of action related to sports activities
- Know the rules of the game
- Know the safety rules

CONTENT

4 Different methods depending on the course:

1 Physical Education lessons: Menu of 3 APSAs (Sports and Artistic Physical Activities) over the year.

*High Intensity activities: Long run, Orienteering, Body-building (circuit-training), Run and bike, etc.

*Collective activities: Basketball, Dance, Football, Handball, Rugby, Ultimate, Volleyball, etc.

*Individual activities: Badminton, French boxing, Canne d'arme, Dance, Body-building, Tennis, Table tennis, Archery, etc.

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Swimming, Body-building, Sophrology, Somatic practices, Wheelchair basketball, Wheelchair basketball, Table tennis...

3 Advanced courses :

Specialisation in a sporting activity: training and participation in university competitions

4 High-level sports section:

Training and university competitions

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membre de



IDENTIFICATION

CODE : CDS-3-S1-EC-EPS
ECTS :

HOURS

Cours : 0h
TD : 21.5h
TP : 0h
Projet : 0h
Evaluation : 0h
Face à face pédagogique : 21.5h
Travail personnel : 0h
Total : 21.5h

ASSESSMENT METHOD

Assessment in Physical Education concerns the teaching of Sports and Artistic Physical Activities (APSA), and will take the form of continuous assessment with half-yearly marking.

The mark depends on the degree of acquisition of the skills expected in each of the activities, and the progress made over all the sessions in the cycle. The mark takes into account :

Individual and/or team performance
mastery of execution
Progress in the sports project
Responsibility and autonomy

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

CONTACT

Mme JAUSSAUD Marie :
marie.jaussaud@insa-lyon.fr

AIMS

This EC is part of the Teaching Unit: SHS and contributes to the development of the School's transversal competences

1* Auto-evaluating one's own performance

Knowledges :

- Fundamentals, principles of action and terminology of sports activities
- Criteria for observation, achievement and success.

Abilities :

- Assess your level of practice
- Build up a warm-up
- Set goals for progress
- Manage physical and mental potential

2* Work, learn and develop independently

Knowledge :

- PSAA rules
- Observation criteria
- Principles of warm-up and cool-down

Abilities :

- Mobilise resources
- Analyse, observe, question
- Take on different roles (referee, choreographer)

3* Interact with others, work as part of a team

Knowledges :

- Roles and functions in each sports activity

Abilities :

- Communicate appropriately: verbal, non-verbal and postural communication.
- Integrate into a group
- Take part in and develop a group project
- Take the initiative
- Be a good listener

4* Be creative, innovative and enterprising

Knowledge :

- Artistic disciplines

Abilities :

- Draw on knowledge and resources from different artistic fields to produce an original work.
- Mobilise the imagination and sensibility and make them visible through dance movement
- Access the symbolism of the body

5* Act responsibly in a complex world

Knowledge :

- Safety and operating rules

Abilities :

- Identify uncertainties and risks and act to reduce them
- Integrate a responsible dimension into their actions
- Show respect and fair play in a power struggle

6* Working in an international context

Knowledge :

- Socio-cultural differences

Abilities :

- Integrate cultural diversity into group work
- Act with respect for self and others

CONTENT

Physical Education and Sport lessons are organised around traditional Physical Education lessons, or advanced lessons, or appropriate practices (EPSA), or competitive practices within the framework of the Section Sportive Haut Niveau.

1. Physical Education lessons :

Students choose one or two physical and sporting activities per year from among the activities offered by the sports centre (individual, group, dual).

2. Appropriate Physical Education lessons: For all students who are exempt from physical activity for at least 2 months:

Swimming, Body-building, Nordic Walking, Somatic Exercise, Sophrology, Wheelchair Basketball, Pilates, Table Tennis, etc.

3. Advanced Physical Education courses :

Specialisation in a sporting activity, University training and competitions

4. SSHN (High-Level Athlete section)

University training and competitions

EPS 3GEN and GENEPI :

1st course in Hauteville in October: 2 days: outdoor activities Objective: Create team cohesion

1st term: PE lessons on Wednesdays from 8.00 to 9.30am: 9 team sports sessions

BIBLIOGRAPHY

PRE-REQUISITES

- EPS: none
- Appropriate Physical Education: subject to medical advice
- Advanced courses and competitive practice: previous practice required subject to specific selection according to each activity
- SHN: ministerial list

Levels 1 and 2: Physical Education, Appropriate physical education

Level 3: Advanced courses and competitive practice, SHN

INSA LYON

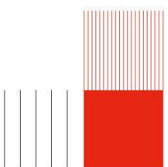
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IDENTIFICATION

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Face à face pédagogique : 21.5h
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ASSESSMENT METHOD

Assessment in Physical Education concerns the teaching of Sports and Artistic Physical Activities (APSA), and will take the form of continuous assessment with half-yearly marking.

The mark depends on the degree of acquisition of the skills expected in each of the activities, and the progress made over all the sessions in the cycle. The mark takes into account :

Individual and/or team performance
mastery of execution
Progress in the sports project
Responsibility and autonomy

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

CONTACT

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AIMS

This EC is part of the Teaching Unit: SHS and contributes to the development of the School's transversal competences

1* Auto-evaluating one's own performance

Knowledges :

- Fundamentals, principles of action and terminology of sports activities
- Criteria for observation, achievement and success.

Abilities :

- Assess your level of practice
- Build up a warm-up
- Set goals for progress
- Manage physical and mental potential

2* Work, learn and develop independently

Knowledge :

- PSAA rules
- Observation criteria
- Principles of warm-up and cool-down

Abilities :

- Mobilise resources
- Analyse, observe, question
- Take on different roles (referee, choreographer)

3* Interact with others, work as part of a team

Knowledges :

- Roles and functions in each sports activity

Abilities :

- Communicate appropriately: verbal, non-verbal and postural communication.
- Integrate into a group
- Take part in and develop a group project
- Take the initiative
- Be a good listener

4* Be creative, innovative and enterprising

Knowledge :

- Artistic disciplines

Abilities :

- Draw on knowledge and resources from different artistic fields to produce an original work.
- Mobilise the imagination and sensibility and make them visible through dance movement
- Access the symbolism of the body

5* Act responsibly in a complex world

Knowledge :

- Safety and operating rules

Abilities :

- Identify uncertainties and risks and act to reduce them
- Integrate a responsible dimension into their actions
- Show respect and fair play in a power struggle

6* Working in an international context

Knowledge :

- Socio-cultural differences

Abilities :

- Integrate cultural diversity into group work
- Act with respect for self and others

CONTENT

Physical Education and Sport lessons are organised around traditional Physical Education lessons, or advanced lessons, or appropriate practices (EPSA), or competitive practices within the framework of the Section Sportive Haut Niveau.

1. Physical Education lessons :

Students choose one or two physical and sporting activities per year from among the activities offered by the sports centre (individual, group, dual).

2. Appropriate Physical Education lessons: For all students who are exempt from physical activity for at least 2 months:

Swimming, Body-building, Nordic Walking, Somatic Exercise, Sophrology, Wheelchair Basketball, Pilates, Table Tennis, etc.

3. Advanced Physical Education courses :

Specialisation in a sporting activity, University training and competitions

4. SSHN (High-Level Athlete section)

University training and competitions

EPS 3 GEN - GENEPI :

PE lessons on Wednesday from 8.00 to 9.30: 2 x 5 sessions: outdoor activities and 2nd 2-day course in Hauteville

BIBLIOGRAPHY

PRE-REQUISITES

- EPS: none
 - Appropriate Physical Education: subject to medical advice
 - Advanced courses and competitive practice: previous practice required subject to specific selection according to each activity
 - SHN: ministerial list
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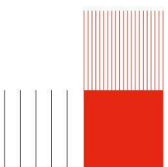
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IDENTIFICATION

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HOURS

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Evaluation : 0h
Face à face pédagogique : 21.5h
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Progress in the sports project
Responsibility and autonomy

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

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Knowledge :

- PSAA rules
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Knowledges :

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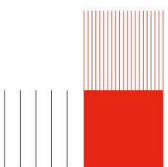
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- Criteria for observation, achievement and success.

Abilities :

- Assess your level of practice
- Build up a warm-up
- Set goals for progress
- Manage physical and mental potential

2* Work, learn and develop independently

Knowledge :

- PSAA rules
- Observation criteria
- Principles of warm-up and cool-down

Abilities :

- Mobilise resources
- Analyse, observe, question
- Take on different roles (referee, choreographer)

3* Interact with others, work as part of a team

Knowledges :

- Roles and functions in each sports activity

Abilities :

- Communicate appropriately: verbal, non-verbal and postural communication.
- Integrate into a group
- Take part in and develop a group project
- Take the initiative
- Be a good listener

4* Be creative, innovative and enterprising

Knowledge :

- Artistic disciplines

Abilities :

- Draw on knowledge and resources from different artistic fields to produce an original work.
- Mobilise the imagination and sensibility and make them visible through dance movement
- Access the symbolism of the body

5* Act responsibly in a complex world

Knowledge :

- Safety and operating rules

Abilities :

- Identify uncertainties and risks and act to reduce them
- Integrate a responsible dimension into their actions
- Show respect and fair play in a power struggle

6* Working in an international context

Knowledge :

- Socio-cultural differences

Abilities :

- Integrate cultural diversity into group work
- Act with respect for self and others

CONTENT

Physical Education and Sport lessons are organised around traditional Physical Education lessons, or advanced lessons, or appropriate practices (EPSA), or competitive practices within the framework of the Section Sportive Haut Niveau.

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4. SSHN (High-Level Athlete section)

BIBLIOGRAPHY

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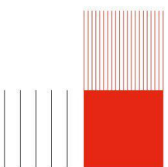
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membre de



IDENTIFICATION

CODE : CDS-5-S1-EC-EPS
ECTS :

HOURS

Cours : 0h
TD : 21h
TP : 0h
Projet : 0h
Evaluation : 0h
Face à face pédagogique : 21h
Travail personnel : 0h
Total : 21h

ASSESSMENT METHOD

Assessment in Physical Education concerns the teaching of Sports and Artistic Physical Activities (APSA), and will take the form of continuous assessment with half-yearly marking.

The mark depends on the degree of acquisition of the skills expected in each of the activities, and the progress made over all the sessions in the cycle. The mark takes into account :

Individual and/or team performance
mastery of execution
Progress in the sports project
Responsibility and autonomy

TEACHING AIDS

All physical, sporting, artistic and competitive activities

TEACHING LANGUAGE

French

CONTACT

MME JAUSSAUD Marie :
marie.jaussaud@insa-lyon.fr

AIMS

This EC is part of the Teaching Unit: SHS and contributes to the development of the School's transversal competences

1* Auto-evaluating one's own performance

Knowledges :

- Fundamentals, principles of action and terminology of sports activities
- Criteria for observation, achievement and success.

Abilities :

- Assess your level of practice
- Build up a warm-up
- Set goals for progress
- Manage physical and mental potential

2* Work, learn and develop independently

Knowledge :

- PSAA rules
- Observation criteria
- Principles of warm-up and cool-down

Abilities :

- Mobilise resources
- Analyse, observe, question
- Take on different roles (referee, choreographer)

3* Interact with others, work as part of a team

Knowledges :

- Roles and functions in each sports activity

Abilities :

- Communicate appropriately: verbal, non-verbal and postural communication.
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University training and competitions

EPS5 GMPP OYONNAX :Group cohesion project
Autonomy Lessons at S1 on Wednesday afternoons
Hiking outing

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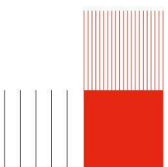
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membre de



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