

Le Mans université - Faculty of Science & Technology

# Bachelor

Sports



Faculté des Sciences  
& Techniques

Le Mans Université



## How does the Bachelor work?

The Bachelor's degree is open to students holding a Baccalaureate (scientific recommended), or, after examination by a validation committee, to holders of any other French or foreign diploma of equivalent high school or higher level. Registration details are available on the university website and from the Registrar's Office.

The Bachelor's degree is constituted of 3 years organized into blocks of knowledge and skills (Bcc) and teaching units (uE). Each year is validated by the award of 60 ECTS credits (European Credit Transfer and Accumulation System), the Bachelor's degree being obtained from 180 credits. A Bachelor is obtained by capitalizing or offsetting the uEs that make it up (average  $\geq 10/20$ ). Passage to the following year is conditional on an average mark calculated on all the units  $\geq 10/20$  **and** an average  $\geq 8/20$  for each competence block (BCC).

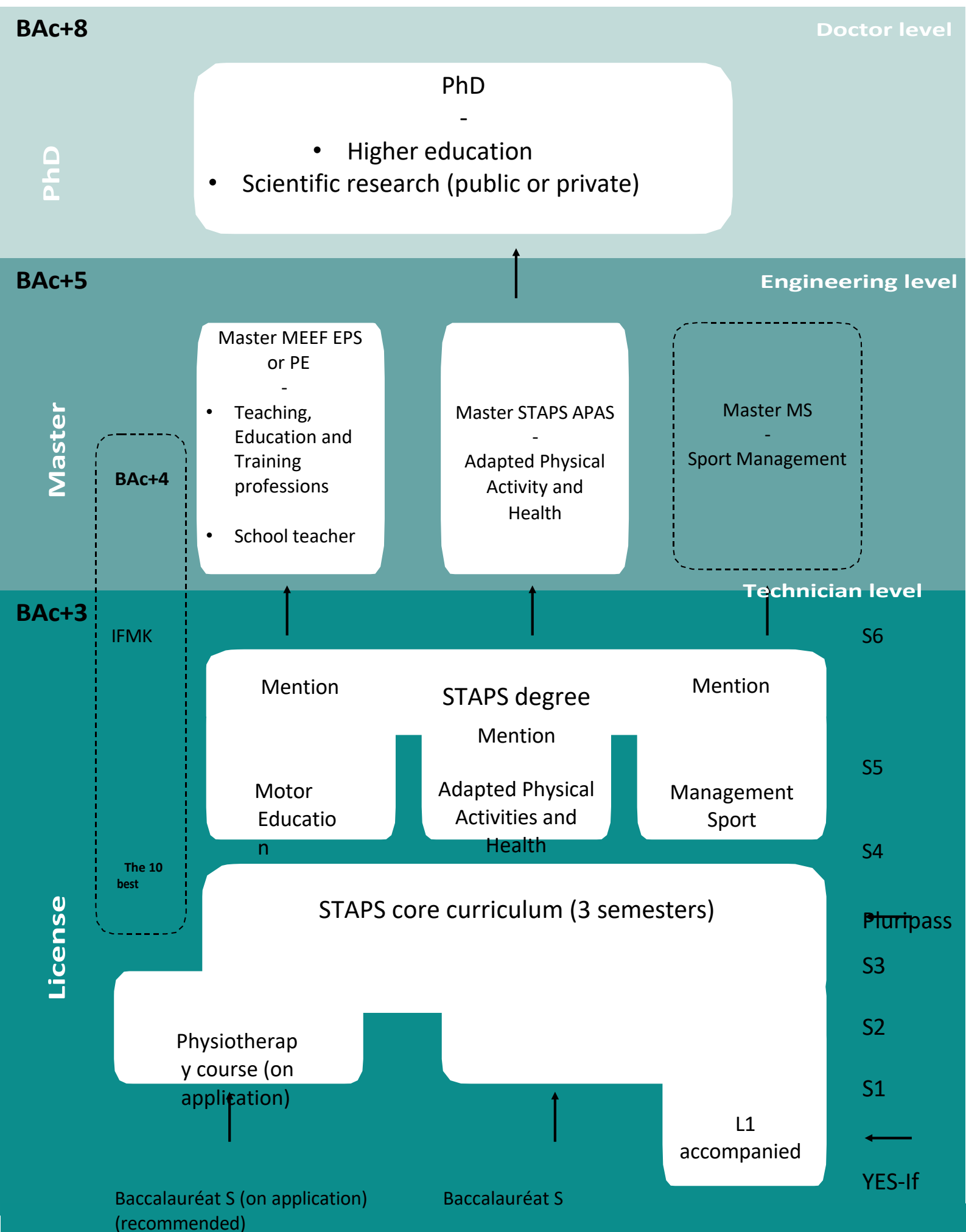
## Training objectives

The aim of the STAPS Bachelor's degree is to provide the theoretical and practical foundations needed for further study at Master's level (Bac+5), or even Doctorate level (Bac+8). For students who cannot or do not wish to pursue their studies beyond the Bachelor's level, the courses offered enable them to enter the professional world with a L3 STAPS degree. The DEuG diploma, awarded on successful completion of the L2, also enables students to enter the profession.

At the end of L3, graduates have the following skills (among others):

- ✓ mobilize multidisciplinary scientific concepts concerning physical and sports activities (PSA), motor skills and the physical, institutional, social and human environment to analyze the activity of a person or group;
- ✓ apply theoretical and methodological models to establish a preliminary diagnosis of a situation involving a PSA;
- ✓ use tools and techniques to analyze physical activity: collect data using appropriate tools, process and interpret results;
- ✓ Develop design, planning and programming elements for the evolution of a diagnosed situation and implement appropriate techniques;
- ✓ In-depth personal experience of physical activity.

# General outline of STAPS (sports) training



# Adapted Physical Activities and Health

This pathway aims to develop the knowledge and know-how relating to APAS (Adapted Physical Activities and Health) likely to be mobilized and transformed into skills by students who have chosen to intervene in the professional field of rehabilitation, reintegration, education and leisure for :

- ✓ people suffering from long-term or chronic illnesses,
- ✓ people with intellectual, sensory and/or motor disabilities,
- ✓ people suffering from mental disorders,
- ✓ social and/or professional integration (social maladjustment),
- ✓ the elderly.

## Education and motor skills

The aim of this program is to develop skills and know-how in teaching, intervention, education and training through Physical, Sports and Artistic Activities (P.S.A.A.) in all educational structures (schools, prisons, neighborhood associations, sports associations, works councils, etc.).

The training aims in particular to :

- ✓ Help students develop their sense of adaptation to the different contexts encountered in teaching or leading various sports activities.
- ✓ Promote the acquisition of technological, didactic and pedagogical knowledge in sports and physical activity, for use with a wide range of audiences (1<sup>st</sup> degree, 2<sup>nd</sup> degree, local organizations, clubs, associations).
- ✓ Promote the acquisition of methodological tools enabling students to improve their communication skills.

## Sport Management

The aim of this course is to develop the fundamental knowledge required to manage and run a structure or project based on physical activity, in the fields of leisure, sports events and sports business. This knowledge is based on management, human and territorial sciences, and the practice and management of sport and physical activity.

The training aims in particular to :

- ✓ Enable students to understand the different fields of sports management: associations, local authorities, the commercial and leisure sector, etc.
- ✓ Transmit legal references (laws and regulations) and tools for management, accounting and human resources management.
- ✓ apply survey and diagnostic techniques (territorial and public studies) to understand the sports market and use marketing tools and information and communication technologies.
- ✓ Transmit theoretical and practical knowledge to design, implement and evaluate projects and events.

# APAS course (adapted physical activities and health)

## First year (common to all three courses)

<b>Bcc life sciences</b>	104 h	14 EcTS
Anatomy: bases and upper limb	26	3,5
Physiology of major functions	26	3,5
Exercise physiology	26	3,5
Biomechanics: kinematics of movement	26	3,5

<b>Bcc Sports technology and didactics</b>	144 h	18 EcTS
Basketball	24	3
Physical preparation	24	3
orienteeing	24	3
Dance	24	3
Table tennis	24	3
Athletics	24	3

<b>Bcc human and social sciences</b>	104 h	14 EcTS
Psychology: personality, motivation, emotion	26	3,5
General Sociology	26	3,5
Educational Sciences	26	3,5
history of bodily practices	26	3,5

<b>Bcc Methodology and languages</b>	71 h	8 EcTS
English	30	3
Writing to communicate	26	3
Descriptive statistics	15	2

<b>Bcc Professional environment</b>	26 h	6 EcTS
Professional environments	16	3
Personal career plan	10	3

## Second year

<b>Bcc life sciences</b>	66 h	9 EcTS
Anatomy: lower limb	22	3
Physical aptitude and adaptation to exercise	22	3
Biomechanics: dynamics and movement	22	3

<b>Bcc human and social sciences</b>	66 h	9 EcTS
Cognitive psychology	22	3
Sociology of socialization	22	3
social and political history of sport	22	3

<b>Bcc Methodology and languages</b>	65 h	5 EcTS
English	30	2
Editorial methodology	16	2
digital culture and skills: PIX	19	1

<b>Bcc Professional environment</b>	32 h	4 EcTS
Methodology for teaching activities	16	2
Digital tools and motor skills	16	2

<b>Bcc Sports technology and didactics</b>	192 h	16 EcTS
8 different APS	8 x 24	8 x 2

<b>Bcc Intervene and evaluate your programs</b>	22 h	2.5 EcTS
Intervention tools and methodology	14	1,5
intervention design	8	1

<b>Bcc Promote health education</b>	20h	2.5 EcTS
Sedentary lifestyles and physical inactivity	12	1,5
Taking action to promote health	8	1

<b>Bcc program design and organization</b>	40 h	6 EcTS
Musculoskeletal pathologies	20	3
Pathophysiology of disability	20	3

<b>Bcc project design and management</b>	30 h	5 EcTS
Institutional environment	20	2,5
Work experience	10	2,5

<b>Bcc uEo</b>	40 h	1 EcTS
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## Third year

<b>Bcc Intervene and evaluate your programs</b>	236 h	18 EcTS
Adapting to the environment	12	2
APA intervention: rehabilitation	32	2
APA intervention: inclusion	80	4
APA assessment tools	50	4
Functional anatomy and rehabilitation	36	4
Water rescue	10	0
Pain and fatigue	16	2
<b>Bcc program design and organization</b>	112 h	15 EcTS
Principles of training and adaptation to the exercise	20	2,5
Long-term conditions and pathologies chronicles	20	2,5
motor and sensory disabilities	20	2,5
Psychopathologies	20	2,5
Aging	16	2,5
Child and adolescent pathologies	16	2,5

<b>Bcc Promote health education</b>	38 h	6 EcTS
A sociological approach to adapted practices	12	2
history of health and disability	14	2
history of adapted practices (late XIXe-2020)	12	2

<b>Bcc design and manage projects</b>	60 h	8 EcTS
Research methodology and intervention in professional environment	32	4
Health ethics	16	2
project design and implementation	12	2

<b>Bcc Acting responsibly within an organization</b>	20 h	5 EcTS
Work experience1	20	5

<b>Bcc Methodology and languages</b>	64 h	8 EcTS
Editorial methodology	24	4
English	30	2
Statistics	10	2

# Parcours Em (education and motor skills)

## First year (common to all three courses)

<b>Bcc life sciences</b>	104 h	14 EcTS
Anatomy: bases and upper limb	26	3,5
Physiology of major functions	26	3,5
Exercise physiology	26	3,5
Biomechanics: kinematics of movement	26	3,5

<b>Bcc Sports technology and didactics</b>	144 h	18 EcTS
Basketball	24	3
Physical preparation	24	3
orienteeering	24	3
Dance	24	3
Table tennis	24	3
Athletics	24	3

<b>Bcc human and social sciences</b>	104 h	14 EcTS
Psychology: personality, motivation, emotion	26	3,5
General Sociology	26	3,5
Educational Sciences	26	3,5
history of bodily practices	26	3,5

<b>Bcc Methodology and languages</b>	71 h	8 EcTS
English	30	3
Writing to communicate	26	3
Descriptive statistics	15	2

<b>Bcc Professional environment</b>	26 h	6 EcTS
Professional environments	16	3
Personal career plan	10	3

## Second year

<b>Bcc life sciences</b>	66 h	9 EcTS
Anatomy: lower limb	22	3
Physical aptitude and adaptation to exercise	22	3
Biomechanics: dynamics and movement	22	3

<b>Bcc human and social sciences</b>	66 h	9 EcTS
Cognitive psychology	22	3
Sociology of socialization	22	3
social and political history of sport	22	3

<b>Bcc Methodology and languages</b>	50 h	4 EcTS
English	15	1
Editorial methodology	16	2
digital culture and skills: PIX	19	1

<b>Bcc Professional environment</b>	28 h	4 EcTS
Methodology for teaching activities	12	2
Video and analysis of PES practice	16	2

<b>Bcc Sports technology and didactics</b>	192 h	16 EcTS
8 different APS	8 x 24	8 x 2

<b>Bcc know and problematize the sociological, historical, psychological and epistemology of PES</b>	70 h	8 EcTS
history of sport and physical education	20	2
Sociology and anthropology of sport and the body	20	2
Sociology of education	20	2
Analysis and implementation of PES programs	10	2

<b>Bcc Planning and designing a PES intervention</b>	60 h	9 EcTS
Teaching methodology	18	2,5
Biomechanical determinants of motor skills	16	2
Engineering and approach to environmental intervention 1st grade schools	14	2,5
intervention design and strategy	12	2
<b>Bcc uEo</b>	40 h	1 EcTS

## Third year

<b>Bcc know and problematize the basics sociological, historical, psychological and epistemological aspects of PES</b>	114 h	16 EcTS
history of sports practices, PES and the education	48	6
Group dynamics and the psychology of development	20	4
ShS survey methods and techniques	46	6
<b>Bcc Acting responsibly in an establishment school</b>	34 h	7 EcTS
Internship: Intervention engineering	34	7

<b>Bcc Mobilize, intervene and act through PSA</b>	240 h	20 EcTS
10 different APS	10 x 24	10 x 2

<b>Bcc Planning and designing a PES intervention</b>	68 h	10 EcTS
intervention design and strategy	44	6
Analysis and implementation of texts and programs of the educational system in EPS	24	4

<b>Bcc Methodology and languages</b>	61 h	7 EcTS
Editorial methodology	24	4
English and EPS	15	2
Diversify my professional skills: Elective UE	22	1

# ms course (sports management)

## First year (common to all three courses)

<b>Bcc life sciences</b>	104 h	14 EcTS
Anatomy: bases and upper limb	26	3,5
Physiology of major functions	26	3,5
Exercise physiology	26	3,5
Biomechanics: kinematics of movement	26	3,5

<b>Bcc Sports technology and didactics</b>	144 h	18 EcTS
Basketball	24	3
Physical preparation	24	3
orienteeing	24	3
Dance	24	3
Table tennis	24	3
Athletics	24	3

<b>Bcc human and social sciences</b>	104 h	14 EcTS
Psychology: personality, motivation, emotion	26	3,5
General Sociology	26	3,5
Educational Sciences	26	3,5
history of bodily practices	26	3,5

<b>Bcc Methodology and languages</b>	71 h	8 EcTS
English	30	3
Writing to communicate	26	3
Descriptive statistics	15	2

<b>Bcc Professional environment</b>	26 h	6 EcTS
Professional environments	16	3
Personal career plan	10	3

## Second year

<b>Bcc life sciences</b>	66 h	9 EcTS
Anatomy: lower limb	22	3
Physical aptitude and adaptation to exercise	22	3
Biomechanics: dynamics and movement	22	3

<b>Bcc human and social sciences</b>	66 h	9 EcTS
Cognitive psychology	22	3
Sociology of socialization	22	3
social and political history of sport	22	3

<b>Bcc Sports technology and didactics</b>	192 h	16 EcTS
8 different APS	8 x 24	8 x 2

<b>Bcc Methodology and languages</b>	65 h	5 EcTS
English	30	2
Editorial methodology	16	2
digital culture and skills: PIX	19	1

<b>Bcc Professional environment</b>	28 h	4 EcTS
Methodology for teaching activities	12	2
Video and communication	16	2

<b>Bcc Identify structures and audiences</b>	48 h	6 EcTS
Tourism infrastructure in France	16	2
Territorial impact of sport	16	2
Sociology of leisure time, cultural practices and sports	16	2

<b>Bcc Situate your role and mission within a structure</b>	32 h	4 EcTS
comptability	16	2
Sports and management professions	16	2
<b>designing and promoting a sports event / sport development</b>	16 h	2EcTS
Marketing	16	2

<b>Bcc Project and environmental engineering professionals</b>	20 h	4 EcTS
Professional environment	20	4

<b>Bcc uEo</b>	40 h	1 EcTS
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## Third year

<b>Bcc Identify structures and audiences</b>	130 h	15 EcTS
local authorities and sports facilities	22	2,5
Sociology of leisure activities and tourism	22	2,5
Survey, data collection and analysis	24	2,5
Management and sociology of sports organizations	22	2,5
Heritage and sports tourism development	22	2,5
<b>Bcc design and promote a sports event / sports development</b>	18 80h	2,5 10 EcTS
Organization, communication and events	22	2,5
history of sports media	18	2,5
Sports marketing and the commercial sector	22	2,5
Sports law	18	2,5

<b>Bcc Intervening in a structure</b>	48 h	9 EcTS
project management - Internship	48	9

<b>Bcc Situate your role and mission within a structure</b>	94 h	12 EcTS
Employment law	22	3
Human resources management, business dynamics group	26	3
Financial management and accounting	22	3
Sports economics. Financing activities sports	24	3

<b>Bcc Project and environmental engineering professionals</b>	86 h	8 EcTS
Outdoor physical activities	30	2,5
Professional sports management environments and tutored project	30	3
Alternative sports practices and inclusion	26	2,5

<b>Bcc Methodology and languages</b>	54 h	6 EcTS
English	30	2
Documentary and writing techniques	24	4

## HOW TO REGISTER

**C** - **January**: entry of 10 wishes on the "Parcoursup" website [www.parcoursup.fr](http://www.parcoursup.fr)

**D** - **End of May**: admission proposals are posted and candidates make their choices.

**E** - **July**: register as soon as you have received your baccalauréat results, according to the procedures on the "Parcoursup" website and/or on the Le mans Université website: [www.univ-lemans.fr](http://www.univ-lemans.fr) section FORMATION > cANDIDATES / INSCRIPTIONS

### registration fee :

As an indication, undergraduate registration fees for the start of the 2023-2024 academic year are €170, payable after payment of the €100 cVEc. visit [cvec.etudiant.gouv.fr](http://cvec.etudiant.gouv.fr)

Scholarship holders are exempt from paying the cVEc and registration fees. Students who have received a conditional grant are automatically detected on the site and can download their certificate of payment of the cVEc at the end of the online procedure.

Please note: to apply for a grant and accommodation (DSE) for the start of the new school year in September, you need to fill in the form from mid-January on the crOUS website: [www.crous-nantes.fr/bourses/](http://www.crous-nantes.fr/bourses/)

The information contained in this document is given for guidance only and may be subject to change. It should not be considered as contractual.



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