

TS1

Law (Droit)

Description: Understand the basic principles of law and legal frameworks related to sport and professional practice.

Psychology

Description: Learn basic concepts of behavior, motivation, and mental processes in sports.

Motor Skills

Description: Develop fundamental movement patterns and coordination abilities.

Anatomy

Description: Study the structure of the human body and its main systems.

Physical and Growth Development

Description: Understand the stages of human physical growth and development.

Developmental Psychology

Description: Study psychological changes and development across different life stages

TS2

Sports Prevention

Description: Learn strategies to prevent sports injuries and improve safe training practices.

Nutrition

Description: Understand the role of nutrition in health, performance, and recovery.

Language (French & English)

Description: Develop communication skills in French and English for academic and professional use.

Sports Physiology

Description: Study how the human body responds and adapts to physical exercise.

Sports Management

Description: Learn the basics of organizing, managing, and developing sports organizations and events.

Psychology

Description: Understand human behavior, motivation, and mental factors affecting sports performance.

Biomechanics

Description: Analyze human movement using mechanical principles to improve performance and efficiency.