

BT1 (*Baccalauréat Technique*)

Mathematics (Basics)

Description: Develop fundamental mathematical skills essential for academic and professional success.

Motor Skills

Description: Learn and practice fundamental movement patterns that form the foundation of physical activity and sports performance.

Language – French

Description: Strengthen French communication skills through reading, writing, speaking, and comprehension activities.

Language – English

Description: Improve English language proficiency to enhance communication in academic and professional settings.

Anatomy

Description: Explore the basic structure and function of the human body and its systems.

History of Sports

Description: Discover the evolution of sports and their impact on societies throughout history.

Professional Ethics

Description: Understand the principles of professionalism, responsibility, and ethical conduct in the workplace.

BT2 (Baccalauréat Technique)

Mathematics (Intermediate)

Description: Build on fundamental mathematical concepts and apply them to more complex problem-solving situations.

Nutrition

Description: Learn the principles of healthy nutrition and their role in growth, health, and physical performance.

Language – French

Description: Further develop French communication skills for academic and professional environments.

Language – English

Description: Enhance English language proficiency through advanced communication and comprehension activities.

Anatomy (Muscular System)

Description: Study major muscles of the body, including their origin, insertion, and primary functions.

Physical Growth and Development

Description: Explore the stages of human growth and the physical changes that occur throughout life.

Psychomotor Development

Description: Understand the basic principles of psychomotor development and their influence on movement and learning.

BT3 (*Baccalauréat Technique*)

Mathematics (Advanced)

Description: Apply advanced mathematical concepts to solve complex analytical and practical problems.

Traumatology

Description: Study sports injuries, their mechanisms, and basic principles of prevention and management.

Nutrition

Description: Understand advanced nutritional principles and their application in performance and recovery.

Language – French

Description: Strengthen French communication skills for academic and professional use.

Language – English

Description: Enhance English proficiency for advanced communication in sport and education contexts.

Sports Physiology

Description: Explore how the body functions and adapts during physical activity and exercise.

Sports Economics

Description: Understand economic principles applied to sports organizations, markets, and industry development.

Psychology

Description: Study basic psychological principles related to behavior, motivation, and performance in sports.

Biomechanics

Description: Analyze human movement using mechanical principles to improve performance and reduce injury risk.

Practical Sessions

Basketball

Description: Develop technical skills, tactical awareness, and game performance in basketball.

Football (Soccer)

Description: Improve technical execution, teamwork, and tactical understanding in football.

Athleticism

Description: Train fundamental track and field skills focusing on speed, endurance, and coordination.

Table Tennis

Description: Enhance precision, reflexes, and coordination through technical and competitive play.

Badminton

Description: Develop agility, reaction time, and technical skills in racket-based performance.

Physical Preparation (Fitness)

Description: Build strength, endurance, flexibility, and overall physical conditioning.

Gymnastics

Description: Improve body control, balance, flexibility, and movement execution.

Dance

Description: Develop rhythm, coordination, expression, and movement creativity.

Combat Sports

Description: Learn basic techniques, discipline, and physical control in structured fighting sports