

LT (Licence Technique)

Sports Media

Description: Explore advanced principles of sports communication, media production, and content dissemination in the sports industry.

Sports Tourism

Description: Study the development, management, and economic impact of sports tourism and related events.

Tests and Measurements

Description: Apply advanced assessment methods to evaluate physical performance, fitness, and athletic progression.

Law (Droit)

Description: Analyze legal frameworks governing sports organizations, contracts, and professional practice in sport.

Methodology

Description: Develop advanced research and teaching methodologies for effective planning and performance analysis in sports science.

Biomechanics

Description: Examine human movement through mechanical principles to optimize performance and reduce injury risk.

Psychology

Description: Apply advanced psychological principles to enhance performance, motivation, and athlete behavior.

Massage

Description: Study therapeutic massage techniques to support recovery, injury prevention, and physical performance.

Curricula

Description: Design and evaluate structured educational and training programs in sports and physical education.

Technology

Description: Integrate modern technologies into sports training, analysis, and performance optimization.

Language (French & English)

Description: Strengthen advanced communication skills in French and English for professional and academic sports contexts.

Practical Sessions (LT)

Handball

Description: Develop advanced tactical awareness, technical execution, and team coordination in handball.

Athleticism

Description: Train high-level performance in track and field events focusing on speed, endurance, and technique.

Physical Preparation

Description: Enhance strength, conditioning, and performance-specific physical capacities for competitive sports.

Table Tennis

Description: Refine precision, reaction speed, and advanced technical skills in competitive table tennis.

Badminton

Description: Improve high-intensity agility, coordination, and advanced racket skill execution.

Volleyball

Description: Develop advanced team tactics, technical skills, and game intelligence in volleyball.