

TS1(Technicien Supérieur)

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(Technicien Supérieur)

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.

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