

OIELSX08 (S1) & OIELSY08 (S2) - Sport Erasmus

Lecturer: Depends on the sport
Contact information: psisport@psl.eu

Course level: All levels
Domain: Sport
Teaching language: French
Number of in-class hours: 1h30 x 12 = 18h
Number of course sessions: 12
ECTS: 3

Department: International affairs
Semester: 1 & 2

Course description and objectives

The aim of the sports department is to enable students to take advantage of their option to practice a sport. This contributes to their physical, mental and social well-being, and helps to support their studies. Several sports are offered in the UE: team sports (soccer, rugby, basketball, handball), dual sports (badminton, tennis, table tennis, boxing, Brazilian jujitsu), maintenance sports (weight training, crosstraining, running), nature sports (climbing, cycling), first aid.

Prerequisites

Motivated by sport and the desire to learn about the cultural and scientific aspects of sport.

Learning outcomes

Motor skills, training methods, theoretical knowledge (science, culture, history).

Assignments and grading

- 3 skills: Performance + Commitment + Theory

The numerical grade distribution will dictate the final grade. The passing grade for a course is 10/20.

Class participation: Active class participation – this is what makes classes lively and instructive. Come on time and prepared. Class participation is based on quality of comments, not quantity.

Exam policy: In the exam, students will not be allowed to bring any document (except if allowed by the lecturer). Unexcused absences from exams or failure to submit cases will result in zero grades in the calculation of numerical averages. Exams are collected at the end of examination periods.

Course structure

Session	Topic
1	Cycle presentation and diagnosis.
2	Diagnosis.
3	Personalized training session based on diagnosis and objective.
4	Personalized training session based on diagnosis and objective.
5	Personalized training session based on diagnosis and objective.
6	Personalized training session based on diagnosis and objective.

7	Personalized training session based on diagnosis and objective.
8	Personalized training session based on diagnosis and objective.
9	Personalized training session based on diagnosis and objective.
10	Personalized training session based on diagnosis and objective.
11+12	Evaluation

Bibliography

- Each sport has its own specific bibliography.

Academic integrity

Be aware of the rules in Université Paris Dauphine about plagiarism and cheating during exams. All work turned in for this course must be your own work, or that of your own group. Working as part of a group implies that you are an active participant and fully contributed to the output produced by that group.