Université Paris-Saclay

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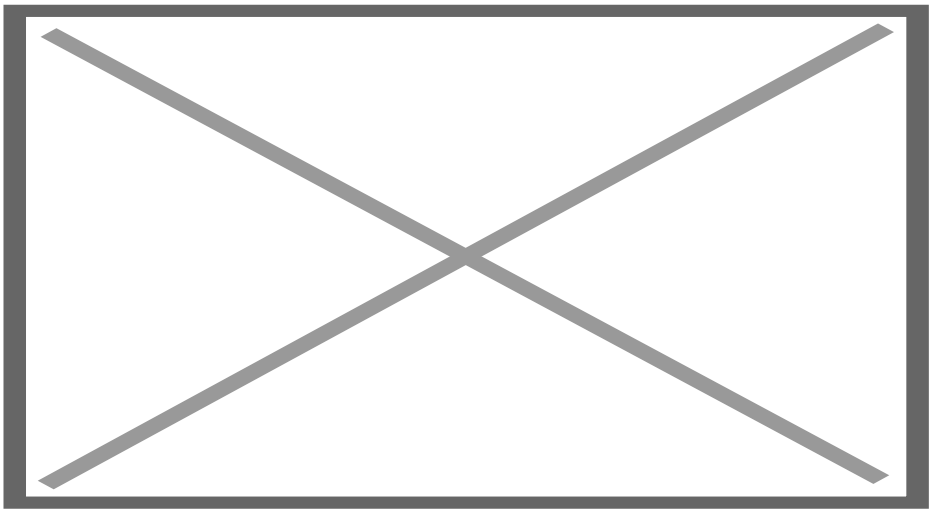
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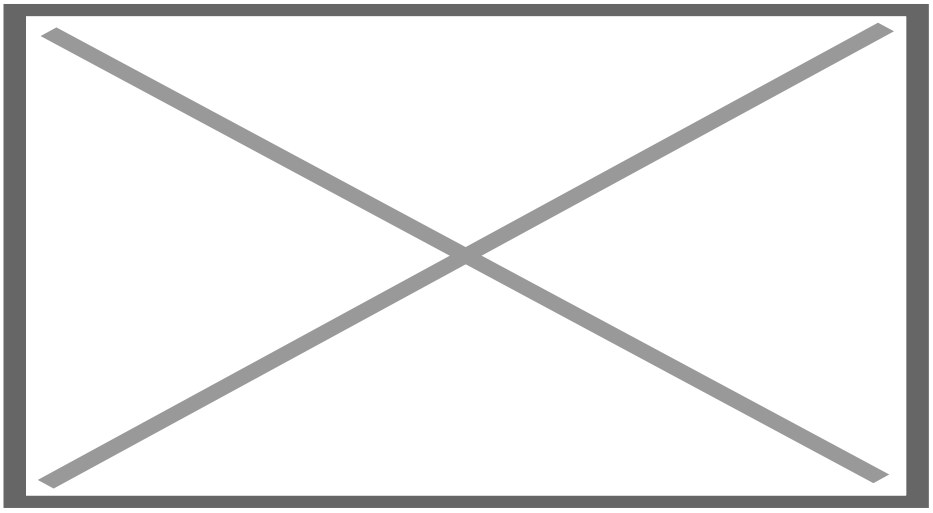
STAPS-Activité Physique Adaptée-Santé

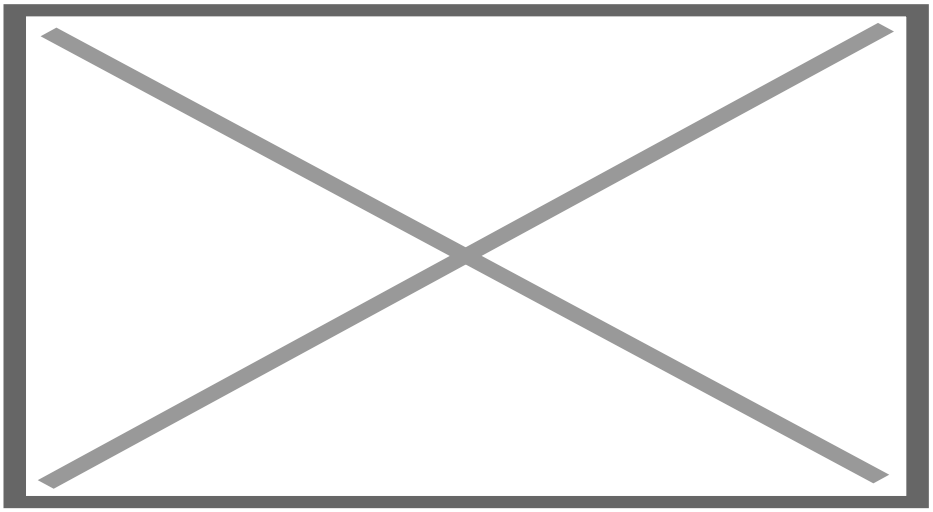
Licence (Undergraduate programme)
Language(s) of instruction
French

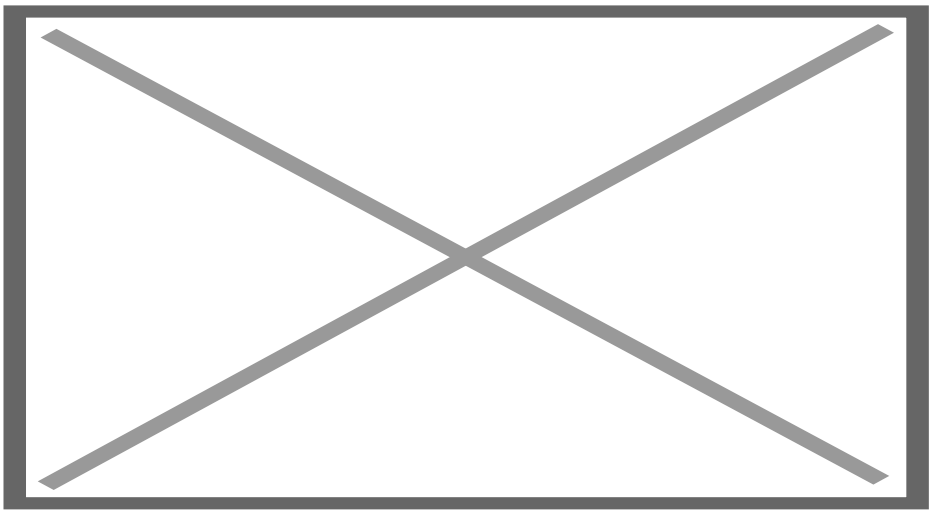
This programme aims to support people with specific needs (elderly, disabled, etc.) through Adapted Physical Activities. The curriculum follows the recommendations of the common training framework validated by the National Consortium for Adapted Physical Activity and Health (CNAPAS), of which the Conference of Deans and Directors in Sport Sciences (C3D STAPS) is a member, ensuring nationally harmonised training tailored to the professional challenges of the sector.

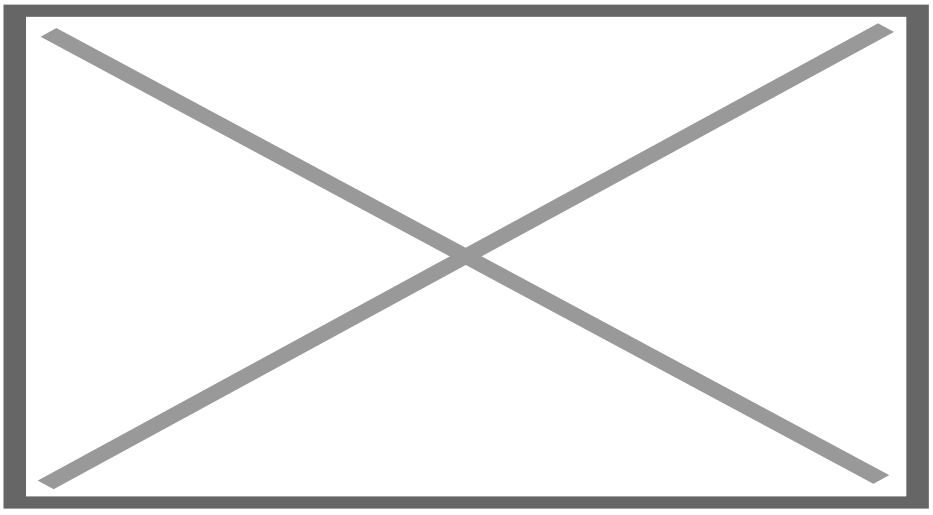
Télécharger la fiche détaillée











Information

- List of Pathways
- Overview
- Application requirements

Liste parcours

L1

L1 Portail STAPS - Préparation à l'entrée à l'Ecole de Kiné

Add to Compare

L1 Portail STAPS

Add to Compare

L2

L2 STAPS : Activités Physiques Adaptées et Santé

Add to Compare

L3

L3 STAPS : Activités Physiques Adaptées et Santé

Add to Compare

Présentation

Skills

The STAPS degree programmes are linked to RNCP (National Directory of Professional Certifications) descriptors developed and harmonised at the national level within the framework of the Conference of Deans and Directors (C3D) STAPS. Following C3D guidelines, eight skill blocks common to STAPS programmes are identified:

Block 1: Digital and numerical usage
Block 2: Data exploitation for analytical purposes
Block 3: Written and oral expression and communication in several languages
Block 4: Positioning in relation to a professional field
Block 5: Acting responsibly within a structured professional organisation
Block 6: Analysis of a situation relating to the physical and/or sporting activity of a group of subjects and an organisation
Block 7: Development and planning of projects and programmes aimed at transforming a situation relating to physical and/or sporting activity
Block 8: Leading group sessions of physical and/or sporting activities for all audiences in face-to-face teaching situations

Additionally, the STAPS APA-S programme targets two specific blocks:

Block 9: Teaching Adapted Physical Activity (APA)
Block 10: Developing health and well-being through physical, sporting and artistic activities for all types of audiences, particularly those with special needs

Learning outcome targets

The STAPS APA-S degree aims to develop professional and scientific competencies to design, conduct and evaluate prevention, rehabilitation and health education programmes through adapted physical activity. It trains students to supervise APA with elderly people, those with disabilities (motor, sensory, mental), metabolic or behavioural disorders, or various impairments. Students acquire solid skills applicable in the healthcare, social care, medico-social sectors and in secondary and tertiary prevention.

Admission

Target audience

Target Audience and Prerequisites:
Target Audience:

Candidates holding A-levels or an accepted equivalent qualification
Candidates from a STAPS (Sport Sciences) background
Students in initial training and continuing education
Students motivated by careers supporting people with specific needs

Prerequisites:

Scientific prerequisites: solid foundations in exercise physiology, biomechanics, psychology and sociology
Literary prerequisites: good written and oral communication skills
Sporting prerequisites: well-developed physical and sporting culture

http://www.polytech.universite-paris-saclay.fr/formation/licence/staps-activite-physique-adaptee-sante