



## MASTER'S DEGREE 1<sup>ST</sup> YEAR

### ADAPTED PHYSICAL ACTIVITY AND HEALTH (APA-S)

**2020-2021**

**ADMINISTRATIVE  
AND  
ACADEMIC CONTACTS**

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1. Course objectives
2. Admission requirements
3. Organisation of the course
4. Career opportunities
5. Course assessment
6. Student numbers and pass rate

**Subject to Change**

Non-binding document  
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**Description of teaching units (*unités d'enseignement* - UE) in terms of targeted skills.**

**SEMESTER 1** - Key skills for the semester: **Design and improvement of assessments of the resources and skills of fragile or vulnerable groups, design, planning and coordination of APA-S projects**

APOGEE CODE	Name of UE		ECTS (European credits)	Targeted skills: be able to	Status	Hours in class	Estimated pers. study
SPT1081M	Socio-medical sector and APA	Psychopathology	6	Design an APA activity and project for participants in the psychiatric sector	Compulsory	24 hrs (lect./tut.)	15 hrs
		Elderly, risk of falls, multidisciplinary approach		Take into account the constraints of old age and/or functional deficiencies in the APA programmes		24 hrs (lect./tut.)	15 hrs
		ADA in personalised projects		Adapt modes of physical practices to design a teaching project in conjunction with a multidisciplinary team		24 hrs (lect./tut.)	15 hrs
SPT1082M	APA in the Promotion of Health Concepts and Methods		3	Design a project to promote health through adapted physical activity with at-risk groups		30 hrs (lect./tut.)	15 hrs
SPT1083M	Design and Implementation of APA Programmes		3	Design and implement an APA programme taking into account the specific characteristics and functional resources, and conditions of application of the exercise / physical activity		24 hrs (lect./tut.)	15 hrs
SPT1084M	Methodology of APA Research		6	Build a topic for research in the Social and Human Sciences and in the Life Sciences based on an issue encountered on the ground in the course of a work placement in the field of APA		58 hrs (lect./tut.)	30 hrs
SPT1085M	Sociology and Anthropology of APA-S		3	Master the theoretical frameworks of the sociological analysis of work and professions		24 hrs (lect./tut.)	15 hrs
SPT1065M	Knowledge of the sectors of activity and professional insertion*		3	Formulate your professional identity based on your professional insertion strategy		36 hrs (tut./prac.)	15 hrs
SPT1066M	Human Resources Management (level 1)*		3	Analyse the basic challenges of managing a team in sport organisations and implement tools		28 hrs (lect./tut.)	60 hrs
SPT1067M	Statistics (level 1)*		3	Be able to statistically analyse univariate, bivariate and multivariate data		24 hrs (tut.)	20 hrs

**SEMESTER 2** - Key skills for the semester: **Supporting change in the professional context - Assessment and analysis of programmes and schemes with regard to the benefits for the groups concerned**

APOGEE CODE	Name of UE		ECTS (European credits)	Targeted skills: be able to	Status	Hours in class	Estimated pers. study
LGSPT1BM	English (level 1)*		3	Oral and written comprehension	Compulsory	24 hrs (tut.)	20 hrs
SPT1074M	Communication*		3	Design, organise and manage a project		24 hrs (lect./tut.)	10 hrs
SPT1086M	Health Sector and APA	Physiopathology of chronic diseases	6	Assess and take into account the physiopathological needs and constraints in the design of APA programmes		36 hrs (lect./tut.)	15 hrs
		Integrated APA approach in the treatment pathway		Construct a critical perspective regarding APA schemes for people suffering from chronic disease(s)		24 hrs (lect./tut.)	15 hrs
SPT1087M	Psychological approach to the process of involvement in APA		3	Design an intervention and an APA project based on the dispositional and motivational characteristics of a target group with specific needs		24 hrs (lect./tut.)	20 hrs
SPT1088M	Work placement in a professional or research environment	Methodology of research applied to APA	15	Address a problem encountered in a professional context by using a scientific approach		30 hrs (tut./prac.)	50 hrs
		Preparation for professional insertion		Design and implement an APA project in line with the professional context		120 hrs (tut./prac.)	50 hrs

## 1 - Course objectives

The aim of the IGAPA-S programme is the immediate professional insertion of graduates by training managers capable of designing and implementing innovative APA schemes meeting the needs of target groups and contributing to the project of the organisations employing them.

At the end of the IGAPAS programme of the APA-S Master's degree, graduates have three sets of skills:

- scientific skills,
- professional skills in designing and managing APA schemes for fragile groups with disabilities and/or vulnerable,
- professional skills in designing and formalising a teaching session in APA, enabling the transfer of knowledge to professionals in the sport and physical activity sector through training.

The multidisciplinary scientific basis (physiology, neuroscience, biomechanics, psychology and sociology) supported by the work of the laboratories (L-VIS-EA 7428 and LIBM-EA 7424) enables graduates to assess in detail the fragility and vulnerability of target groups and the resources of stakeholders and organisations, and therefore to develop projects in line with needs, resources and expectations.

## 2 - Admission requirements and recommended skills

Admission to the Master's programme is decided by a specific teaching board composed of the course's teaching staff, at the end of an application process (spring of the academic year prior to admission).

## 3 - Organisation of the course

Breakdown of specific and shared teaching units:

In Master 1, eight teaching units (45 ECTS, i.e. 75% of the total credits) are specific to the IGAPA-S programme, and five teaching units (15 ECTS, i.e. 25% of the total credits) are shared with the other Sports Science programmes (Knowledge of Activity Sectors and Professional Insertion, Human Resources Management, Statistics, English and Communications).

### Work placement:

A work placement is mandatory for the M1 IGAPA-S

In the second semester, a part-time work-study placement (one week of classes per month) for a minimum of 250 hours in work (from February to May).

M1/M2 coordination within the IGAPA-S programme:

The teaching aims are distinctly separate and form a progression between the two years of the course. Thus, in the first year, the aim is reinforce the APA teaching skills acquired on the undergraduate Sports Science (STAPS) programme specialising in APA-S, by bringing them even further in line with the needs of target groups and also by developing students' skills to analyse schemes themselves and their relationship to the organisations running them. New scientific insight in connection with the research themes developed by the research teams, coupled with a course on theoretical and practical research, resulting in the production of a research dissertation or professional dissertation, enabling students to develop their professional APA-S skills as well as their analytical, evaluation and proposal skills. The second year focuses on the creation of APA-S services and enterprises.

## 4 - Career opportunities and/or further study

Career opportunities are to be found in the healthcare, social and socio-medical sectors, in public bodies, private firms and private non-profit organisations. Professionals representing all of these sectors contribute to both years of the master's programme, both as teachers and in course meetings. In addition, the volume of the work placement and support work carried out throughout the course enable students to forge solid links in the professional sectors.

The IGAPAS programme may also lead to a PhD and thus enable students to access a career in research.

## 5 - Course assessment

In order to validate the M1 IGAPA-S, students must:

- Obtain an overall average grade of 10/20 each semester (no compensation between semesters).
- Obtain an overall average of 10/20 on the work placement teaching unit in a professional or research environment.
- Obtain a minimum average of 8/20 for each teaching unit.

## 6 - Student numbers and pass rate

		2014-15	2015-16	2016-17	2017-18	2018-19
M1 IGAPAS	Student numbers	44	39	36	27	38
	Pass	33	18	27	18	29
	Pass rate	75%	46%	75%	67%	76%