

Site Web : <http://ufr-staps.univ-lyon1.fr/>



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STAPS : Who are we ?

The department of study and research in Physical Activities and Sport Science of Lyon is the most important one in France in the field of sport and physical education. It gathers the greatest number of students (2500) and the widest diversity of programs (18 from undergraduate to PhD level).



Claude Bernard Lyon 1 University

Study in France to get some university credits, but also understand the French culture, learn the language, and discover Rhône-Alpes territories !

Contacte : Secretariat.staps@univ-lyon1.fr

Studying at UFRSTAPS :

- A long program : bachelor's degree, followed by a two years master's degree and a phd
- A short professional program : degree of university studies in science and techniques (« deust »). 2 Years degree.
- Complementary qualifications : university degrees



5 undergraduate options :

- ☐ **Option in Adapted Physical Activities and Health** : « Lead physical activities, create and develop facilities and services for persons with disabilities »




- ☐ **Option in Education and Motor learning** : « The taste and skills for passing on knowledge, and sport practice to youth »

- ☐ **Option Athletic training** : « Coaching, training and analysis of performance»



- ☐ **Option Sport Management** : « Managing and leading sport organizations »

- ☐ **Professional option online**  (management and development of organizations, of sport and recreation services)




5 Graduate options

- **Research orientation** :
 - 1- Movement, Performance, and Health
- **Professional Orientation** :
 - 2- Physical Education teaching in the school system
 - 3- Intervention and formation in Adapted Physical Activity
 - 4- Physical and mental preparation, reathletisation
 - 5- Sport organizations management

2 short programs :

- Fitness and health
- Physical, sport and cultural activities (with 3 different options)

3 Complementary qualifications :

- European degree in athletic training
- Management of sport Organizations (online) 
- Physical and sport activities and aging.

1 research center :

- « **CRIS** » **Laboratory** (Research and Innovation Center in Sport) <http://cris.univ-lyon1.fr/>

A short program : the « DEUST »

« **DEUST STAPS** » : a two years degree. This program offers two options :

(1) « **DEUST MF** » (degree in physical shape and fitness) aims at training professionals in fitness, health and physical shape activities.

(2) « **DEUST AGAP/C** » (Degree in physical, sport and/or cultural activities), offers three focuses :

⊖ « **ADECS** » (online classes) 🟢 : Sport associations : Oriented toward jobs as development officing : leading groups, project building, action coordination.

Counseling : Leading and organizing games and physical activities in the sociocultural field.

⊖ « **APN** » (Outdoor and Physical Activities) : Leading and Organizing outdoor activities.

<http://deust.apn.univ-lyon1.fr/>



Bachelor's degree

⊖ **Common and required core subjects : 1st and 2nd year.**

The Physical Activities and Sport Science program starts with 4 semesters common to all options, which allows the student to gain :

❑ **Technical skills in movement analysis in various sports** (i.e : gymnastics, swimming, team sports, opposition sports, racket sports, rock-climbing, kayaking)

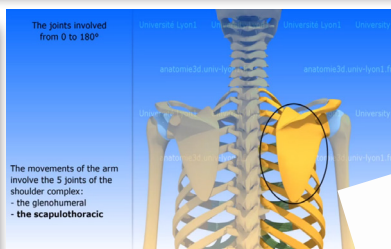
❑ **Skills and knowledge of the sport participant in action through core sciences :**

► Biological sciences (biomechanics, anatomical kinesiology, physiology, neuro-sciences,...)

► Human sciences (psychology, sociology, history)

► Professional leadership and teaching skills gained through pedagogy and motor behavior analysis courses, through practicums in the different professional fields (school education, disability, coaching, management)

► Practice in foreign language, computer skills and communication



⊖ **3rd year : 5 bachelor options**

❑ **Adapted Physical Activity and health**

This option is oriented toward the education of teachers and leaders in Adapted Physical Activities, and toward the development of services and companies offering Adapted Physical Activities for people with disabilities or special needs.

❑ **Education and Motor Learning**

This option is oriented toward teaching jobs in any facilities with an education goal : Primary and elementary school teaching, Physical Education teaching, private organizations and public associations sport education.

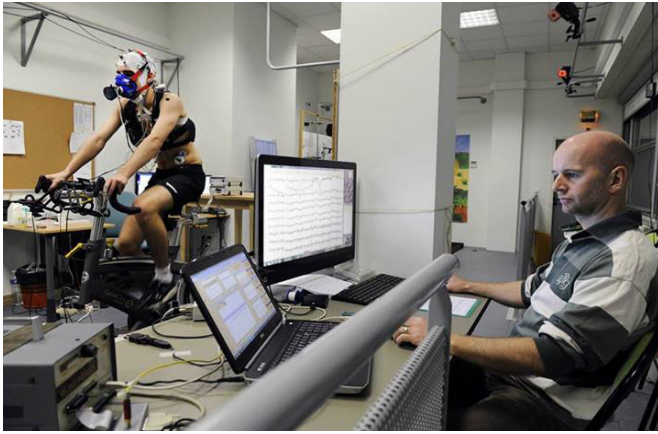
❑ **Athletic Training**

This option's goal is to educate professional coaches for various ages and levels of performance. It is oriented toward physical and mental preparation, and the search for optimal performance.

❑ **Sport Management and development of organizations, of sport and recreation services**

The goal is to develop physical and recreational activities in organizations, to lead and manage sport organizations in different sectors (private and public)



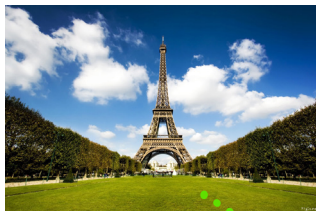


The CRIS and doctoral research

The Research and Innovation Center in Sport (CRIS – EA 647) has developed interdisciplinary research since 1983. It brings together biological sciences (physiology, biomechanics, neurosciences), engineering sciences, and human and social sciences (social psychology, sociology, management, history). Its research field stretches out from fundamental work to applied research protocols. It goes from cellular processes and

brain functioning study, to the study of social conditions of sport practice and its historical influences.

The « CRIS » and its doctoral programs aim at analyzing some of the micro, meso and macro structural processes, involved in the preparation, the release, the execution and the regulation of motor actions. For this purpose, it describes the energetic, motor, decision-making, and motivation mechanisms of individuals, as well as the factors of their integration in a historical and social context.



Learning about the French culture :



Beaujolais Wineyard



Chamonix Mont blanc



Claude Bernard Lyon 1 University
the Lyon Métropole

