UFR STAPS – Bâtiment Jacques Sapin – 27/29 bd du 11 novembre 1918 – 69622 Villeurbanne
Tel.: +33 (0)4 72 44 83 44 –Website: http://ufr-staps.univ-lyon1.fr

Université Claude Bernard Lyon 1 Establishment Contract - 2016-2020

STAPS sciences et techniques des activités physiques et sportives

Master's degree 2nd YEAR

TRAINING AND OPTIMISATION OF SPORTING PERFORMANCE (EOPS)

TWO PROGRAMMES: PPMR OR MPSI SPECIALISING IN RESEARCH EOPS*

ATHLETE TRAINING PROGRAMME: PHYSICAL AND MENTAL PREPARATION AND RETURN TO SPORT (PPMR)

2020-2021

ADMINISTRATIVE AND ACADEMIC CONTACTS

Administration:
Corinne BULU
+33 (0)4 72 44 81 59
corinne.bulu@univ-lyon1.fr

PPMR course tutor:
Aymeric GUILLOT
aymeric.guillot@univ-lyon1.fr

Subject to Change
Non-binding document
Updated: JULY 2020

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

SEMESTER 3

APOGEE CODE	Name of UE	ECTS (European credits)	Targeted skills: be able to	Status	Hours in class	Pers. study
SPT2078M	Statistics (level 2)*	3	Use multivariate statistical description tools: linear model and generalised linear model, factor analysis and classification methods. Use the freeware R to conduct studies.	Compulsory	24 (tut.)	24
SPT2077M	APPLIED research methodology*	3	Conduct interdisciplinary research in Sports Science, in particular in the field of sport performance. Set up the principal research models in the supporting sciences applied to sport and motricity. Design and analyse applied research protocols in the field of sport.		24 (tut.)	72
SPT2096M	Modern Physical Training Methods	6	Use new training methods such as hypoxic chambers, Pilates, electrostimulation, Kettlebells, strengthening exercises with elastic bands, balance boards, TRX, etc. Analyse the scientific results assessing the interest, effectiveness and/or risks of these tools and methods. Design specific programmes and sessions for each method and tool.		58 (lect./tut./ prac.)	24
SPT2097M	Biological Approaches to Fatigue and Overtraining	3	Detect the early signs of overtraining and act accordingly. Take into account and limit acute central and/or peripheral fatigue in training sessions and programmes.		30 (tut./prac.)	24
SPT2098M	Psychological Approaches to Fatigue and Overtraining	3	Analyse the scientific psychological and psychosocial factors and processes explaining burnout, recovery and stress, and support the athlete in preventing burnout and in optimising their states of stress/recovery linked to their performance		30 (tut./prac.)	24
LGSPT2AM	English for professional communication level 2	3	Oral and written comprehension. Answer questions Use vocabulary specific to the professional field. Success in the TOEIC test.		24 (tut.)	24

SPT2102M	Options S3: 3 choices from among	Training planning	9	Apply the principles and tools of training planning in your specialised field. Put in place and assess the various types of physical development programming with regard to endurance, resistance, speed, strength, etc.	Options	30 (lect./tut.)	60
SPT2103M		Weight training and injury prevention		Assess muscular imbalances Identify compensatory movements used by the athlete. Select suitable methods and exercises to improve performance and reduce the risk of injury. Lead specific sessions based on this approach.		30 (lect./tut.)	24
SPT2104M		Imagery and mental recovery techniques.		Plan an imagery programme for healthy or injured athletes, or those returning to sport Determine the rules for practicing imagery depending on the purpose of the exercise Quantify the effects of imagery on motor learning and technical improvement Define and illustrate the role of other forms of mental preparation		30 (lect./tut.)	24
In progress		Psychological coaching and support for athletes					

SEMESTER 4

APOGEE CODE	Name of UE		ECTS (European credits)	Targeted skills: be able to	Status	Hours in class	Pers. study
SPT2106M	Options S4: 3 choices from among	Scientific approach and return to sport	9	Interpret functional diagnoses. Design return-to-sport programmes. Apply return-to-sport methods and techniques.	Options	36 (tut./prac.)	24
SPT2107M		Physical training and nutrition		Assess energy and nutritional needs with regard to the specific characteristics of a type of athlete. Establish a balanced diet.		36 (tut./prac.)	24
SPT2108M		Management of the athlete's resources		Analyse the scientific psychological and psychosocial factors and processes explaining top-level athletes' behaviour and performance, and support athletes in the mental optimisation of their performance		36 (tut./prac.)	24
In progress		Concentration and learning consolidation techniques					
SPT2110M	Professional Experience in PPMR - 2	Work placement in a professional environment	21	Manage a technical team, Manage sporting and economic projects for yourself and the team. Manage a sporting and professional career. Manage a top-level group of athletes	Compulsory		320
		Professional insertion strategy		Ability to prepare and present your professional insertion process. Ability to demonstrate your operational effectiveness as a physical and/or mental trainer		80 (tut./prac.)	24

1- Course objectives and description

The aim of the PPMR programme is to ensure students' immediate professional insertion. The specific characteristic of this course is to propose training in 3 complementary areas of expertise: physical training, mental preparation and return to sport. This corresponds to the realities of the profession. Indeed, most structures cannot afford a specialist in each field and need efficient professionals able to manage the various aspects of training.

At the end of the EOPS Master's degree, graduates have acquired scientific, professional and sporting skills, as presented in the RNCP file for the Master's in Training and Optimisation of Sport Performance accessible via the website: http://www.rncp.cncp.gouv.fr/grand-public/visualisationFiche?format=fr&fiche=26182

These three skills areas enable graduates to design, manage and assess training, physical and mental development and return-to-sport programmes. In particular, graduates:

- will master the use of tools for assessing several types of participants (athletes, competitors, amateurs, those returning to sport after an injury) to draw up personal physical and/or mental assessments;
- will be able to design programmes to develop and maintain physical and mental abilities as well as return-to-sport programmes;
- will be able to plan the content of and lead sessions, and adapt programmes to participants' needs and to the sports and activities concerned;
- will master the technical, tactical and strategic aspects of the activity, for which they will develop a training, performance optimisation and return-to-sport programme.

2- Admission requirements and recommended skills

Students must have validated the first year of the Master's in EOPS and/or another Master's degree in Sports Science, plus have experience and demonstrate long-term, proven commitment in the field of sport performance and training. Skills in the supporting sciences (physiology, anatomy, biomechanics, neuroscience and sports psychology) and in the development of physical (strength, speed, endurance and flexibility) and psychological abilities.

3- Organisation of the course

Core courses:

In the 2nd year of the Master's degree, two teaching units ('BIOLOGICAL approach to fatigue and the prevention of overtraining' and 'PSYCHOLOGICAL approach to fatigue and the prevention of overtraining', i.e. 6 ECTS) are common to both programmes.

Core courses shared with the APA-S and MOS Master's degrees at Lyon 1:

Three teaching units (9 ECTS, i.e. 15% of total credits) are also shared in the 2nd year (English, Applied Research Methodology and Statistics).

In the 2nd year, all teaching units specific to the MPSI programmes are shared with this same APA-S and MOS Master's programme, i.e. 45 ECTS worth 75% of the total credits.

PPMR programme - M1/M2 coordination:

In the first year, the course aims to provide the scientific, methodological and technical skills necessary to analyse, assess and develop physical and mental abilities (see following section). In the 2nd year, the aim is to deepen students' command of these core scientific and methodological skills and encourage specialisation in one of the 3 target fields: physical training, mental preparation or return to sport.

4- Career opportunities and/or further study

The professional insertion surveys carried out with alumni show that 76.2% of graduates in the Master's in Sports Science (STAPS) specialising in PPMR responding to the survey are in employment one year after obtaining their degree. This high rate of employment indicates a very satisfactory professional insertion rate. According to the job titles indicated in these surveys, 70% of jobs are in the sector of sport performance and concern the following professions: physical trainer, mental trainer, personal sports coach, manager and sports instructor.

5- Course assessment

Validation of two semesters and the teaching units composing them (minimal grade of 8/20 for each teaching unit).
Validation of the 'Professional Experience in PPMR - 2' teaching unit

6- Student numbers and pass rate

		2014-15	2015-16	2016-17	2017-18	2018-19
M2 PPMR	**Student numbers**	47	54	40	58	97
	Pass	26	33	39	38	66
	Pass rate	**55%**	**61%**	**98%**	**66%**	**68%**