

Professional courses⁺

UFR STAPS

Faculty of Sports Science
Science and Techniques of Physical Activity and Sport

At the Université Claude
Bernard Lyon 1

2019/2021 COURSES

DEUST / UNIVERSITY DIPLOMAS / PROFESSIONAL BACHELOR'S DEGREES



Université Claude Bernard UCB Lyon 1



STAPS sciences et techniques
des activités physiques et sportives

La Région
Auvergne-Rhône-Alpes



EDITORIAL

UFR STAPS Lyon 1 (*Education and Research Unit in the Science and Techniques of Physical Activity and Sport*) is one of the largest Sports Science faculties in France, both modern and forward-looking. Located in the heart of the Auvergne Rhône-Alpes Region (LyonTech-La Doua scientific campus in Villeurbanne), it is home to **2,800** students, apprentices and Continuing Education students spread over **21** courses, from diploma (Bac+2) to PhD (Bac+8) level.

UFR STAPS strives for excellence in order to respond and contribute to societal changes in the fields of **sport, activity leadership, health, education** and **leisure**, thanks to the excellence of its teaching and research.

Fields of study and target careers

(Courses from diploma (BAC+2) to Master (BAC+5) level)

• **Activity Leadership, Teaching and Motricity** Target careers involve leading and teaching Physical, Sporting and Cultural Activities to all types of participants. Career opportunities are varied, from PE teaching in schools to inclusion-oriented education through sport and physical activity in any socio-educational structure.

• **Adapted Physical Activities and Health** Target careers involve teaching adapted physical activities to people with disabilities, long-term illnesses and loss of autonomy, and responsibility for developing services and structures for people with these special needs, both in the medical and social sector and in the

health sector.

• **Sport Training and Optimisation of Performance**

Target careers are in coaching, training or physical and mental preparation in the leisure sector or sporting federation sector.

• **Sport Management**

Target careers involve the management of sports organisations as well as event management and careers in the sporting goods business and sport tourism.

All these fields offer the possibility of pursuing doctoral degrees and thus embarking on a career in innovation and research.

UFR STAPS has specifically developed a range of professional courses based and structured on the same principles:

- Strong links to the professional sectors, reflected in their participation in course coordination bodies and their involvement at every level: from selection to validation of degrees and diplomas, via teaching (at least 40% of teaching staff are professionals).
- The organisation of courses in work-study mode enables students to experiment and apply their knowledge and skills throughout the year (long-term work placements, professional insertion and apprenticeship contracts, distance learning, professional tutors or apprenticeship masters).

- Student success and satisfaction thanks to support measures and tailored teaching.

- Courses are designed and organised in blocks of skills that may be taken independently, enabling the implementation of a policy of life-long training and accessibility via VAPP and VAE schemes (validation of personal and professional skills and experience).

- Production of knowledge results in innovation and the constant improvement of course content.

Our professional courses (*Scientific and Technical University Diploma (DEUST), University Diploma (DU), Professional Bachelor's Degree (LPro) and preparation for State civil service and local authority examinations*) cater for school leavers and students changing paths, as well as for employees and jobseekers looking to acquire new skills or retrain.

We have professional insertion rates of between 85% and 95% depending on the course and year.

This catalogue presents a selection of our vocational courses, perhaps less well-known than our Bachelor's and Master's degrees but also resulting in a high professional insertion rate.

You will find our entire range of courses on the websites of UFR STAPS de Lyon and Université Claude Bernard Lyon 1.

A big thank you to all the professionals with whom we have longstanding partnerships, as well as to the Auvergne Rhône-Alpes Region for its support.

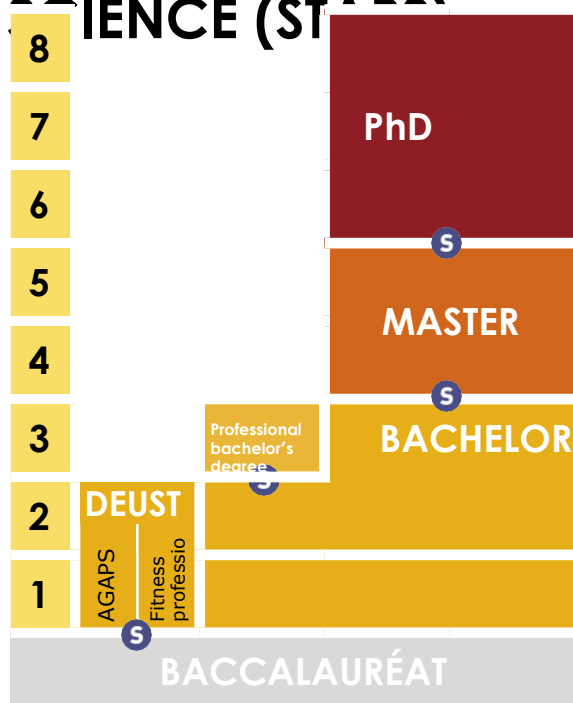
Enjoy the read!

Director of UFR STAPS Lyon 1

Yannick Vanpouille

S Selective access: applications, examinations, etc.

STUDIES IN SPORTS SCIENCE (STAPS)



Choose WORK-STUDY

Work-study courses enable students to train for a job and integrate company life and culture more easily. This system of training is based on alternating periods of theoretical or technological teaching with periods of practical application in a company throughout the course. It offers a real stepping stone to employment and professional insertion.

Work-study courses include two types of contract: **apprenticeship contracts** and **professional insertion contracts**. They enable students to develop a comprehensive professional project thanks to a qualification and real experience in a company.

Under the 'Freedom to Choose One's Professional Future' Law, a certain number of reforms will affect professional training and apprenticeships.

With regard to work-study contracts in particular, the Law provides the following:

- **Apprenticeship contracts:** a simplification and broadening of the contract (accessibility up to the age of 29, possibility of concluding a contract during the course for a minimum of 6 months or 150 hours of training, end of summary proceedings in the event of termination of the contract, end of the Apprenticeship Tax)
- **Professional insertion contract:** fixed-term contracts only
- **For both contracts:** simplification of funding, single work-study contribution (0.85% of payroll) collected by the URSSAF, which passes it on to France Compétences (a public agency governed by the State, the Social Partners and the Regions).

Who are work-study courses for?

Apprenticeship contract


Which students?

- Young people aged 16 to 25;
- Certain categories of people may enter apprenticeship after the age of 25 (recognised disabled workers, people with projects to create or take over a company requiring the qualification concerned and high-level athletes).

Which employers?

- Companies in the craft and trade, retail, manufacturing and agricultural sectors as well as non-profit associations and the liberal professions;
- Employers in the non-manufacturing and commercial public sector (State, local authorities, hospitals and administrative public institutions).

Companies entitled to a certain number of financial aids:

 **apprenticeship grant for companies with fewer than 11 employees, subsidy for the recruitment of an additional apprentice, exemption from employer contributions, tax credit and subsidy for the recruitment of an apprentice recognised as a disabled worker.**

Professional insertion contract


Which students?

- Young people aged 16 to 25;
- Jobseekers aged 26 and over;
- Beneficiaries of the active solidarity allowance (RSA), specific solidarity allowance (ASS) or disabled adults allowance (AAH);
- Beneficiaries of the single parent allowance (API) in the overseas dominions and Saint-Barthélemy, Saint-Martin and Saint-Pierre-et-Miquelon local authorities;
- People who have benefited from a subsidised contract.

Which employers?

- Any employer subject to the continuing professional education contribution.

Companies benefiting from a certain number of financial aids: flat-rate aid for the recruitment of a jobseeker over the age of 26,

 **Exemption from certain social charges.** The State, local authorities and their administrative public institutions cannot conclude professional insertion contracts.

The current advantages of work-study courses

For the student

- Obtain a degree or qualification from a broad choice of careers,
- Benefit from free tuition,
- Put theory learned directly into practice,
- Receive a salary throughout the course,
- Benefit from easier access to employment thanks to the professional experience acquired.

For the employer

Recruiting someone on a work-study contract offers a number of advantages for the company, such as the opportunity to train a future employee, teach them a profession and integrate them into the life and culture of the company. It means recruiting someone perfectly suited to meet the needs of the company. Financial advantages are also available for companies recruiting on a work-study basis.

What is the current salary for work-study students under an apprenticeship contract?

Under an apprenticeship contract, the apprentice benefits from a salary that varies according to their age; their salary also increases each year under the contract. The minimum salary received by the apprentice corresponds to a percentage of the national or sector-specific minimum wage (SMIC or SMC) for people over the age of 21.

Contract year	Apprentice under the age of 18	Apprentice aged 18 under 21	Apprentice aged 21 and over
1st	25%	41%	53%*
2nd	37%	49%	61%*
3rd	53%	65%	78%*

* or of the minimum salary under the collective bargaining agreement

Currently, what type of contract and for how long?

Apprenticeship and **professional insertion contracts** are concluded in the form of a fixed-term contract (CDD) or permanent contract (CDI).

The duration varies depending on the chosen course:

- Apprenticeship: from 6 months to 3 years, even 4 years for disabled workers (duration of the course: at least 400 hrs per year).
- Professional insertion: from 6 months to 2 years for a fixed-term contract (duration of the course: minimum 150 hrs, from 15% to more than 25% of the duration of the contract).

Note: a work-study contract may be concluded for seasonal activities. Temping agencies can set up professional insertion and apprenticeship contracts. An apprenticeship contract may be shared between 2 employers.

What is the current salary for work-study students under a professional insertion contract?

Remuneration varies according to the student's level of initial education and age.

Age	Level of education or qualification prior to the professional insertion	
	Below Baccalauréat level	Baccalauréat or above
Under 21	At least 55% of the SMIC	At least 65% of the SMIC
21 to 25	At least 70% of the SMIC	At least 80% of the SMIC
26 years and plus	At least the SMIC or 85% of the normal minimum salary under the collective bargaining agreement	At least the SMIC or 85% of the normal minimum salary under the collective bargaining agreement

Provisions under the collective bargaining agreement or employment contract may provide for a higher salary.

What are the working conditions?

The student is classed as an employee. As such, they are subject to the same laws, regulations and company-specific and sector-wide collective bargaining agreements as the other employees.

Their working hours are the same as the other employees. The employer must allow them to follow the theory classes. Time spent in class is counted as effective working hours.

Other schemes

CONTINUING

EDUCATION

CPF (personal training account):

Under the new law, the CPF will be monetised (in € and no longer in hours), directly accessible by the employee without the need for an intermediary. End of the Individual Training Leave (CIF) scheme, which will be replaced by the personal training account for career transition, integrated into the CPF. The CPF eligibility lists are also set to be abolished.

Note: given the reform of professional training and apprenticeship, please feel free to contact the FOCAL Department of Université Claude Bernard Lyon 1 for information.
fcsciences@univ-lyon1.fr - Tel. +33 (0)4 72 43 14 49

	DEUST (Level III)	PROFESSIONAL BACHELOR'S DEGREE (Level II)	University Diplomas
Careers in Adapted Physical Activity and Health	DEUST Fitness Professions	Professional Bachelor's Degree in Health, Ageing and Adapted Physical Activities	University Diploma (D.U.) Somatic Education Practices
Careers in Education and Socio-Cultural Activity Leadership	DEUST AGAPSC Activity Leadership programme	Professional Bachelor's Degree in Social Development and Mediation through Sport	
	DEUST AGAPSC Aquatic Activities programme		
Careers in Sport Training	DEUST AGAPSC Outdoor Activities programme		European University Diploma (D.U.) Physical Trainer
	DEUST Fitness Professions		
Careers in Sport Management	DEUST AGAPSC Sport Club Development Agent programme	Professional Bachelor's Degree in Management and Development of Sports and Leisure Services and Organisations	University Diploma (D.U.) Manager of Sports Organisations

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Sport Training:

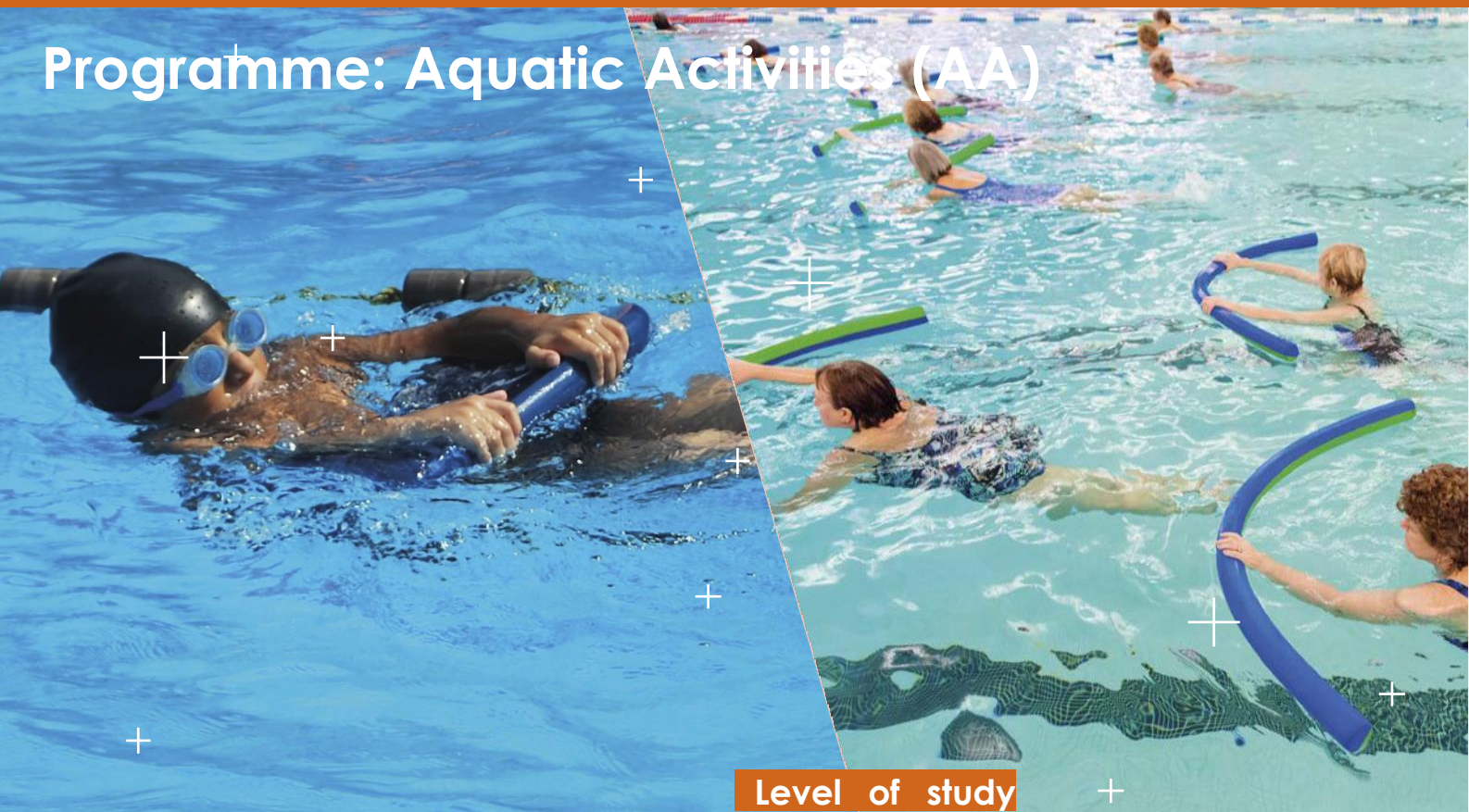
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Leadership and Management of Physical, Sporting and Cultural Activities (AGAPSC)

Programme: Aquatic Activities (AA)



Level of study

+

Advantages of the course

- Preparation for the BNSSA examination (life-saving and rescue).
- Professional status of swimming instructor and lifeguard.
- Partnership with local authorities and private service providers.
- Public university course (reduced admission fees), 50% of teaching staff are professionals.

BAC+2

Level III professional diploma (BAC+2) listed in the National Repository of Professional Certifications and supported by the sport's professional sector.

Objectives

Train immediately operational and versatile **aquatic activity technicians** capable of supervising and ensuring the safety of swimmers and able to teach and lead all types of swimming and water aerobics classes. These graduates are also able to contribute to the functioning and development of an aquatic centre.

Target public:

- **Initial Education:** high school leavers and students seeking to change course.
- **Continuing education:** employees wishing to develop new skills or retrain, professional insertion contract.

Selection or prerequisites:

Have obtained the Baccalauréat or equivalent qualifications, or apply for validation of Personal and Professional Skills and Experience (access to the course without qualifications possible for applicants over the age of 20 having left full-time education at least 2 years ago. This course requires applicants to be strong swimmers and have already passed the PSE1 test (first aid in a team).

This course is selective, with selection in 2 stages:

Admissibility: applications via Parcoursup or specific application for applicants over the age of 25, submission of a CV and professional project.

Admission: physical tests (800m freestyle, 100m medley) + oral interview.

Professional Insertion

• Sectors of activity:

public and private swimming pools, aquatic zones, fitness centres, holiday clubs, spas.

• Examples of careers:

swimming instructor and lifeguard, pool manager, sports teacher, activity leader, assistant manager of a small aquatic centre.

Programme

The course takes place over 2 years and includes periods of classwork (1,100 hours) combined with period of practical application in an aquatic centre.

Compulsory work placement for a minimum of 200 hours per academic year or in full work-study mode (professional Insertion contract). Students are required to spend at least 3 weeks in paid employment over the summer holidays.

Skills and teaching units:

+ Know and analyse your professional environment:

Legal and regulatory framework, educational and institutional environment, sociology of water activities.

+ **Implement development projects:** Activity leadership educational project, management of educational and event-oriented projects, marketing, sales and service culture, accounting and financial management, human resources management.

+ Lead and supervise:

Methods and techniques of swimming and aquatic activities, teaching in theory and practice, catering for specific types of participant.

+ Know the participant:

Functional analysis of the participant (anatomy, physiology, processing of information), child psychology and development, games and learning, group management and conflict situations.

+ Working in a professional environment and professional insertion strategy

Safety requirements, accidentology in aquatic centres, life-saving/rescue/BNSSA regulations, health and safety, premises open to members of the public, development of professional conduct, practical work placement and dissertation.

+ **Communicate in a professional situation:** Oral and written expression and communication, IT (office software, communication, website and networks), English.

Dates: September to mid-June

Course duration: 2 years - 1,100 hrs of classes and a minimum of 400 hrs in a work placement (or full work-study mode)

Average course size: 30 students

Location: Campus LyonTech - la Doua (69-Villeurbanne)

Available under apprenticeship from 2019

Contacts:

Administrative information and admissions:

Mouna BENHAMIDA - Tel. +33 (0)4 72 44 81 09
deust.aquatique@univ-lyon1.fr

Course information:

Sébastien JOUBERT – sebastien.joubert@univ-lyon1.fr

Pre-admission:

Parcoursup for the under 26s

Other profiles: contact the secretary directly

Course website: <https://ufr-staps.univ-lyon1.fr>



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Leadership and Management of Physical, Sporting and Cultural Activities (AGAPSC)

Programme: Activity Leadership



Level of study BAC+2

Level III professional diploma listed in the National Repository of Professional Certifications and supported by the Activity Leadership professional sector.

Advantages

of the course

- **Professional qualification as director of an activity centre** (with or without accommodation, for an unlimited duration and capacity).
- **Sport instructor qualification** (professional licence).
- **Course highly regarded by professionals in the Activity sector**
- **Course structured to cater for work-study contracts.**

Objectives

Train **activity leaders-coordinators and project managers** in the professional field of socio-cultural and sporting activity leadership; these professionals are qualified to run activities for all types of participants, except for groups of people with disabilities and in a competitive context, including preparation.

Target public:

- **Initial Education:** high school leavers and students seeking to change course.
- **Continuing education:** employees in the sport or activity sector with a minimum level IV qualification or equivalent experience, jobseekers, professional retraining.

Selection or prerequisites:

Selective course: based on applications that must include a professional project, followed by an interview and written test. Candidates must have experience in the field of activity leadership and/or sport. Involvement in non-profit associations is desirable.

Insertion

• **Sectors of activity:** Sports federations, socio-cultural and community education associations (youth centres, social centres, activity centres including after-school centres, etc.), local and regional authorities, retirement homes, etc.

• **Example jobs:** Activity leader and coordinator, project manager, director of activities, director of an activity centre, etc.

Programme

The course takes place over 2 years and includes classes at the university combined with work placement periods.

• **The 1st year** focuses on the teaching dimension: knowledge of participants, activities, teaching methods and professional insertion.

• **The 2nd year** is dedicated to the design, implementation and assessment of activity or development projects.

6 skills areas are addressed:

+ **Know and analyse your professional environment:** Legal and regulatory framework, site and transport safety, knowledge of environments and territories, knowledge of the institutional environment.

+ **Lead and supervise:** Activities, learning and teaching, team games and sports, cultural and artistic activities.

+ **Know the participant:** Anatomy, general physiology, first aid and ergonomics at work, psychology, sociology.

+ **Implement development projects:** Accounting management, project management of events, marketing, HR management, project methodology.

+ **Communicate in a professional situation:** IT and software skills, English, oral and non-verbal communication techniques, written communication tools and approaches.

+ **Work in a professional environment and professional insertion strategy** Work placement, knowledge of the sector, production of a study for the development of a structure or project, development of a professional project.

Information

Dates: mid-September to mid-June

Course duration:

2 years, 1,079 hrs of classes at the university, 200 hrs minimum in work placement per year (or full work-study mode: professional insertion or apprenticeship contract)

Student numbers: 35 students

Available under apprenticeship from 2019

Usual location:

Campus LyonTech - la Doua (69- Villeurbanne)

Contacts:

Administrative information and admissions:

Tel. +33 (0)4 72 44 79 43
deust.aquatique@univ-lyon1.fr

Pre-admission:

Parcoursup for the under 26s
Other profiles: contact the secretary directly

Course

http://deustanimation.univ-lyon1.fr ufr-staps.univ-lyon1.fr

website:



Social Development and Mediation through Sport (DSMS)



Level of study

Advantages of the course

- Course available for distance learning.
- Ability for students to work while studying and acquire both new skills and a degree.
- Course organised in modules.
- Emphasis on the work placement and on experimentation.

BAC+3

Objectives

Train **Sport and Social Cohesion managers and sport instructors and coordinators**.
 Graduates will be able to teach physical, sporting and artistic activities, coordinate and manage educational projects and manage a team.

Target public:

- **Students** continuing their studies or changing course, already in possession of a diploma equivalent to 2 years of higher education (BAC+2).
- **Employees or jobseekers:** acquisition of new skills, promotion or retraining.

Programme

The course takes place over 1 year, including 450 hrs of classes and a 36-week work placement and tutored project.

Teaching is based on 5 key skills:

- Based on a multidisciplinary scientific approach, know and understand the specific characteristics of different types of public and the national and local policies inherent to inclusion, in order to be able to design a suitable project.

Teaching units of 117 hrs/9 ECTS

- + EC 1.1 | Sport and educational policies to promote social inclusion and combat social and sexual discrimination.
- + EC 1.2 | Risky conduct and vulnerability (diagnosis, profile, etc.).
- + EC 1.3 | Operational schemes for the aforementioned public policies and programmes and actions implemented by stakeholders on the ground (seminars with professionals).

- Know and be able to implement Physical, Sporting and Artistic Activities (APSA) as part of a socio-educational project.

Teaching units of 133 hrs/12 ECTS

- + EC 2.1 | Design of an intervention project based on an APSA.
- + EC 2.2 | Specific approach of certain APSAs. (e.g. combat activities and self-confidence/control of one's emotions).

Selection or prerequisites:

Selection based on applications.

Candidates must have proven experience in running sports activities.

Professional Insertion

• Sectors of activity:

Local authorities, associations, companies in the private sector

• Example jobs:

Social educator specialising in sport, manager/activity leader, mediation and social life officer, educational project manager

+

- + EC 2.3 | Mediation through sport and APSAs in the interests of citizenship and social inclusion in specific structures: detention centres, medical centres, etc.

- Know and master the use of project management tools in order to render projects operational.

Teaching units of 80 hrs/9 ECTS

- + EC3.1 | Legal framework.
- + EC3.2 | Human resources management.
- + EC3.3 | Budgetary and financial management of a project.

- Be familiar with communication techniques to unite people around projects.

Teaching units of 60 hrs/9 ECTS

- + EC 4.1 | Summary methodology.

- Be able to integrate an educational structure.

- + EC 4.2 | English.
- + EC 4.3 | ICT in Education.

Teaching units of 30

Information

Dates: September to September

Course duration:

450 hrs of classes - 36 weeks of work placement (or full work-study mode: apprenticeship or professional insertion contract)

Student numbers: 24 students

Usual location:

Contacts:

Administrative information:

Annick SELBONNE - Tel. +33 (0)4 72 43 15 45
annick.selbonne@univ-lyon1.fr

Course information:

Ysabelle HUMBERT - ysabelle.humbert@univ-lyon1.fr

Admission procedure: <https://ecandidat.univ-lyon1.fr>

Course website:

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



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Health, Ageing and Adapted Physical Activities (SVAPA)



Level of study

Advantages of the course

- Part of the course is taught via **distance learning**.
- **Course organised in work-study mode**, offering students the ability to work while studying.
- **Significant involvement of professionals** (in the teaching staff and on the course steering committee).

BAC+3

Objectives

To train **activity leaders and educators specialised in the development and implementation of adapted physical activity programmes for various types of senior citizen**, thereby helping people to age gracefully, avoid dependence and maintain a social life.

Target public:

- **Professionals** seeking to acquire new or more advanced skills (career consolidation and lifelong training).
- **Students** in initial education with a Bac+2 level diploma in connection with sports science or health.

Selection or prerequisites:

Selection based on applications and in particular on the training acquired by the candidate and their plans (or their professional experience, for continuing education candidates).

Professional Insertion

• Sectors of activity:

Personal care and outreach services - Sport and activities. This professional is able to intervene in various structures: Associations, public or private organisations (socio-cultural centres, sports federations, local and regional authorities, spas, retirement homes and hospitals).

• Example jobs: Activity leader/educator in adapted physical activities, adapted physical activity project leader.

Programme

Course involving 450 hrs of classes over one academic year, some of which via distance learning, including a compulsory work placement and a tutored project over 34 weeks.

• Apply multidisciplinary scientific concepts

concerning the various types of elderly person in order to (I) understand their behaviour and identify their motivation and (II) interact with all professionals involved with these groups.

- + Ageing of the major systems and locomotor system,
- + Sensory-motor and cognitive ageing,
- + Psychology of the elderly,
- + Ageing & society.

• Design, lead and assess various adapted physical activity programmes in line with each participant's level of ability and objectives.

- + Programming and methodology,
- + Gentle activities and techniques,
- + Balance and fall prevention activities,
- + Opposition and precision activities,
- + Athletic activities and keep fit practices,
- + Expressive activities - water activities.

• Design, fund and manage a project involving adapted physical activities.

- + Development and management of Adapted Physical Activity projects.

• Define your project and prepare for your effective professional insertion through work placements - including one long placement - in various APA structures.

- + Tutored project and knowledge of the environment,
- + Work placement and professional insertion strategy.

Information

Dates: October to September

Course duration:

450 hrs of classes with a work placement and a 34-week tutored project (or full work-study mode: apprenticeship or professional insertion contract)

Student numbers: 25 students

Usual location:

Campus LyonTech - la Doua (69- Villeurbanne)

Contacts:

Administrative information:

David OLIVIERI - Tel. +33 (0)4 72 44 82 01
annick.selbonne@univ-lyon1.fr

Course information:

Guillaume MARTINENT
guillaume.martinent@univ-lyon1.fr

Admission procedure: <https://ecandidat.univ-lyon1.fr>

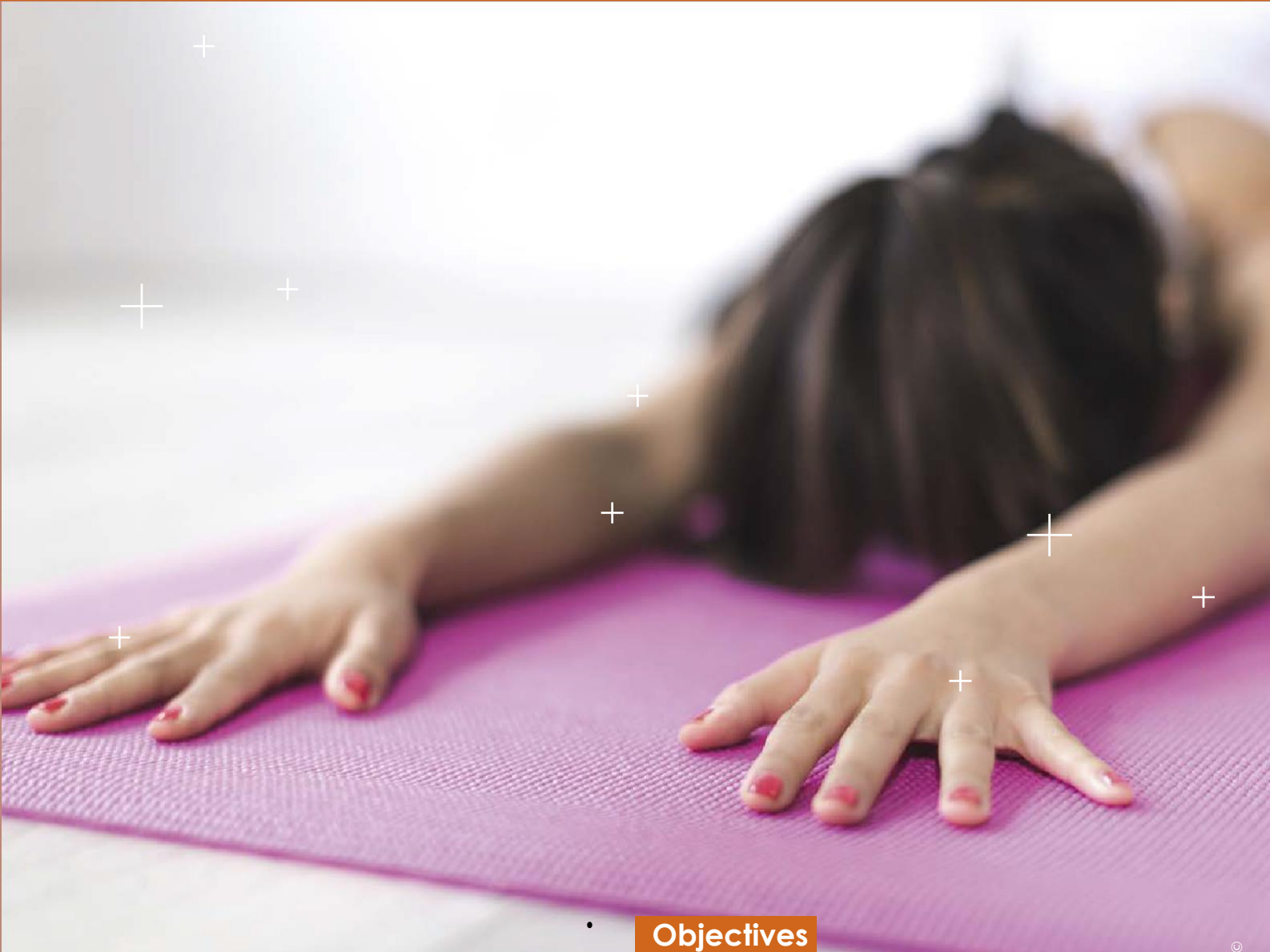
Course website:

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



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Somatic Education Practices (DUPES)



Advantages of the course

- **Practice-based training**, transforming the individual and enabling them to acquire tools and approaches through experience.
- **Discover on the same course** various somatic education practices.

Objectives

Raise awareness and train people in the approaches and tools offered by somatic practices.

Enable students on the course to **help others, either individually or in a group, over time**, to achieve autonomy in all areas of activity and with regard to their life plans. Help them to broaden their professional approach and support them in their development plan.

Target public:

Anyone interested in internal physical perception and experience (soma), particularly in the health, education and artistic professions.

Selection or prerequisites:

Covering letter and interview.

Programme

8 seminars spread over the academic year from September to September for a total of 30 days of classes, i.e. 212 hrs, including an 8-hour vocational work placement.

The programme is based on the practice of somatic methods, feedback and integration. Theory classes and conferences provide knowledge in various scientific fields.

The programme is organised on the basis of four teaching units corresponding to four skills areas: **feeling and perception, personal development, communication, development and support of thoughts based on experience.**

- + **UE1 | Opening yourself up to question:**
Observe your own way of functioning and present it orally and in writing. Formulate questions concerning your habits, references, scope of action and ways of learning.
- + **UE2 | Broadening your field of reference and thought patterns:** Listen to different experiences, recognise subjectivity, welcome, recognise and name new ways of acting for yourself. Be able to distinguish processes from results.
- + **UE3 | Enable your resources to take root in your professional field:** Experience, recognise and name the somatic approach in order to help others experience it.
- + **UE4 | Summary assessment of your progress and development:** Personal public presentation of what you have learned and how you have developed, showing how you have incorporated somatic practices.

Professional Insertion

- **Sectors of activity:** Health and paramedical sectors, art: supporting the body of the artist and transmission, education.
- **Example jobs:** Supportive teaching based on the individual's potential, coaching.

Information

Dates: September to September
8 seminars lasting 3/4 days organised over long weekends (Friday to Monday)

Course duration:
30 days of classes - 212 hrs

Student numbers: 20 students

Usual location:
Campus LyonTech - la Doua (69- Villeurbanne)

Contacts:

Administrative information and admissions:

Tel. +33 (0)4 72 43 27 34

DUpes@univ-lyon1.fr

Course information:

Laurence JAY / Dominique AUDIN
DUpes@univ-lyon1.fr

Course website:

<https://ufr-staps.univ-lyon1.fr>



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Leadership and Management of Physical, Sporting and Cultural Activities (AGAPSC)

Programme: Outdoor Activities (APN)



Level of study

BAC+2

Level III professional diploma (BAC+2) listed in the National Repository of Professional Certifications and supported by the sport's professional sector.

Objectives

Train development agents and outdoor activity leaders capable of leading and supervising outdoor activities at introduction and beginner level, promoting products and services and contributing to the development of an outdoor structure or activity centre. DEUST APN graduates are also capable of organising sporting events and are versatile, enabling them to carry out a professional activity throughout the year (summer and winter physical activities).

Target public:

• **Initial education and apprenticeship:** School leavers, students changing course

• **Continuing education:** Employees wishing to develop new skills or retrain, jobseekers, professional insertion contract.

Advantages of the course

- **Course structure adapted** in line with peaks of activity in the professional sector.
- **Many opportunities to train while in paid employment** (apprenticeship contracts, professional insertion contracts, paid work placements).
- **Offer of 15 weeks of training in outdoor activities.**
- **Possibility of acquiring additional skills** after graduating.
- **Graduates obtain a professional sport instructor licence.**

Selection or prerequisites:

Have obtained the **Baccalauréat** or equivalent qualifications, or apply for validation of Personal and Professional Skills and Experience (for those over the age of 20 having left full-time education at least 2 years ago).

Selective course Selection of candidates takes place in 2 stages:

- **Admissibility:** professional project in connection with outdoor activities and supporting documents.
- **Admission:** physical tests + general knowledge written test + oral interview.

The course takes place over 2 years and includes periods of study at the university, alternating with periods of practical application of the knowledge and skills learned within a company. Compulsory work placement for a minimum of 200 hours per academic year or in full work-study mode (professional insertion contract).

Skills and teaching units:

+ Know and analyse your professional environment

Legal and regulatory framework, HR management, labour law, social organisation of companies, ecology, nivology and meteorology, tourism and mountains, culture and heritage, sustainable development.

+ Lead and supervise

Theoretical knowledge: general teaching methods, analysis of the behaviour of individuals in action, neuroscience and learning.

Technical and teaching skills: sailing/windsurfing, whitewater sports/roped professions, tennis, archery, mountain biking, orienteering sports, golf. Support for training to be a skiing instructor, ski patroller or ski technician.

+ Know the participant:

General physiology, psychology, sociology of practices, anatomy, biomechanics, training planning.

+ Implement development projects:

Accounting management, marketing.

+ Communicate in a professional situation IT and software, websites and communication materials, English, oral and non-verbal communication techniques.

+ Working in a professional environment and professional insertion strategy

Carry out a professional project in the outdoor field, from design to implementation.

Insertion

• Sectors of activity:

Public or private sector in connection with outdoor activities.

• **Example jobs:** Outdoor activity leader/instructor, manager of an outdoor structure, business founder.

Information

Dates: October to October

Course duration:

2 years - 1,300 hrs of classes and a minimum of 400 hrs in a work placement (or full work-study mode: professional insertion or apprenticeship contract)

Student numbers: 55 students

Usual location:

Campus LyonTech - la Doua (69- Villeurbanne)

Contacts:

Administrative information and admissions:

Sandrine JONDEAU - Tel. +33 (0)4 72 43 11
55 deustapn@univ-lyon1.fr

Course information:

Alain DAUTRICHE – alain.dautriche@univ-lyon1.fr

Pre-admission: Parcoursup for the under 26s

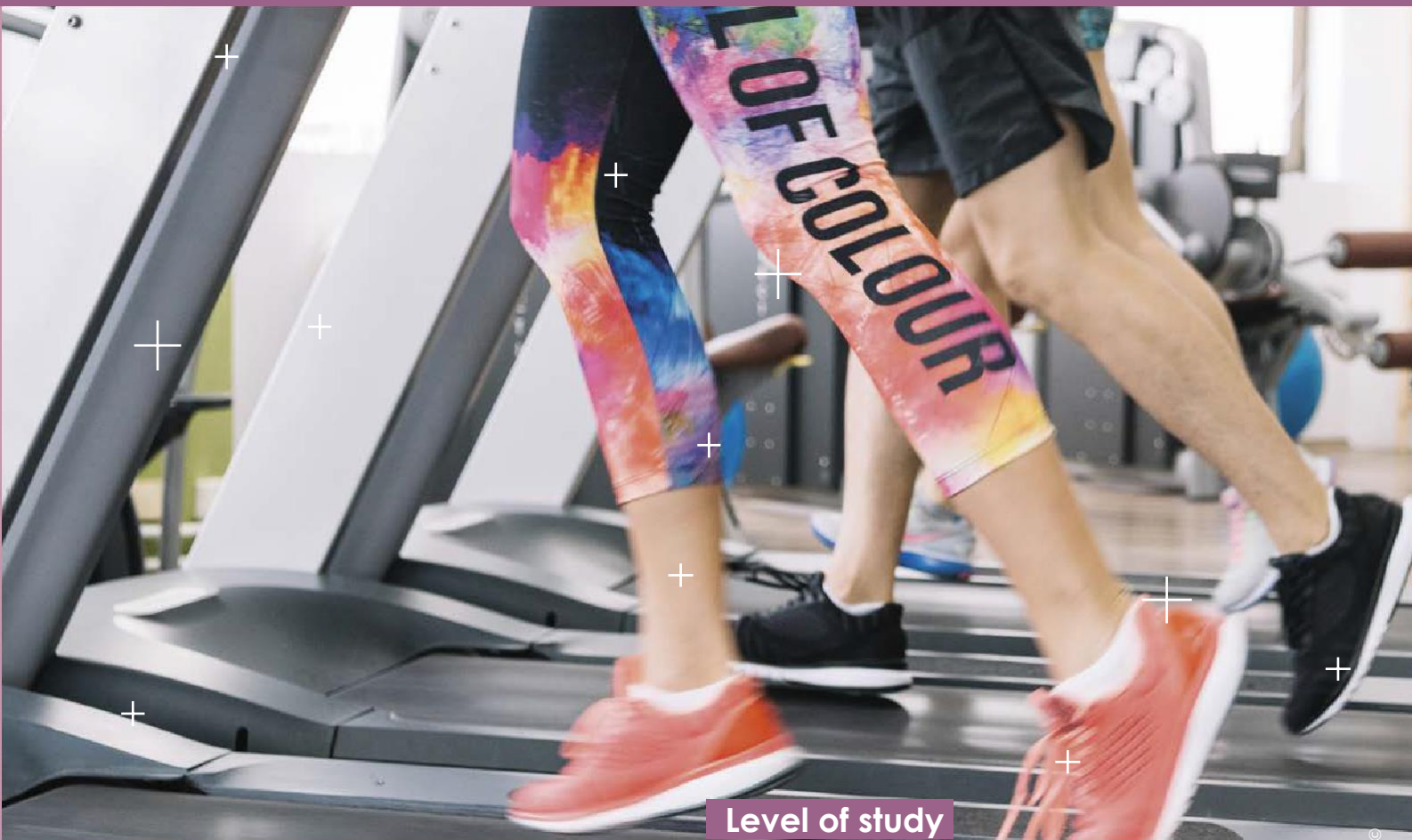
Other profiles: contact the secretary directly

Course website:

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



Fitness Professions



Level of study

Advantages of the course

- **Course enabling graduates to obtain a professional licence** and fully qualifying them to work in the fitness sector.
- **Strong partnership** with the professional sector targeted by the diploma; available under apprenticeship.
- **Centre of application** – Reinforced tutoring.
- **Students are trained in business creation.**

BAC+2

Level III professional diploma (BAC+2) listed in the National Repository of Professional Certifications and supported by the sport's professional sector.

Objectives

Train **fitness technicians** who are immediately operational and versatile (fitness, weight training, coaching), capable of teaching and supervising physical activities and contributing to the functioning and development of a fitness centre.

Target public:

- **Initial education and apprenticeship:** School leavers, students changing course.
- **Continuing education:** Employees wishing to develop new skills or retrain, jobseekers.

Selection or prerequisites:

Have obtained the Baccalauréat or equivalent qualifications, or apply for validation of Personal and Professional Skills and Experience (for those over the age of 20 having left full-time education at least 2 years ago).

Selective course Selection of candidates takes place in 2 stages:

• **Admissibility:** professional project in connection with fitness and supporting documents.

• **Admission:** physical tests (group fitness class and weight training) + oral interview.

Professional Insertion

• **Sectors of activity:**

Private sector: fitness clubs, holiday clubs, spas, works councils, coaching at home.

Public and non-profit sector: sports and activity departments, activity centres.

• **Example jobs:** Sports advisor for fitness activities, sports coach, team manager or centre manager.

Programme

The course takes place over 2 years and includes periods of study at the university, alternating with periods of practical application of the knowledge and skills learned within a company.

Compulsory work placement for a minimum of 200 hours per academic year or in full work-study mode (apprenticeship or professional insertion contract).

Skills and teaching units:

+ **Contribute to the functioning and development of a fitness centre:** Marketing and business development, accounting management, labour law and business law, HR management.

+ **Assess and guide the participant/client:** Assessment of physical ability, sociology of physical practices.

+ **Analyse the biological functioning of the participant:** Anatomy, physiology, neuroscience and motor learning, biomechanics.

+ **Master training methods, techniques and planning:** Fitness, weight training, regulations and use of equipment, nutrition and physical activity.

+ **Communicate in a professional situation:** English, IT, development of professional conduct.

+ **Integrate the professional sector:** Development of a professional project and practical work placement, knowledge of the professional world.

Information

Dates: September to June

Course duration:

2 years - 1200 hrs of classes and a minimum of 400 hrs in a work placement (or full work-study mode: professional insertion or apprenticeship contract)

Student numbers: 35 students

Usual location:

Campus LyonTech - la Doua (69- Villeurbanne)

Contacts:

Administrative information and admissions:

Liza BOUET - Tel. +33 (0)4 72 44 58 81
deust.forme@univ-lyon1.fr

Course information:

Aymeric GUILLOT - aymeric.guillot@univ-lyon1.fr

Pre-admission: Parcoursup for the under 26s

Other profiles: contact the secretary directly

Course website: <http://deust-forme.univ-lyon1.fr> ufr-staps.univ-lyon1.fr



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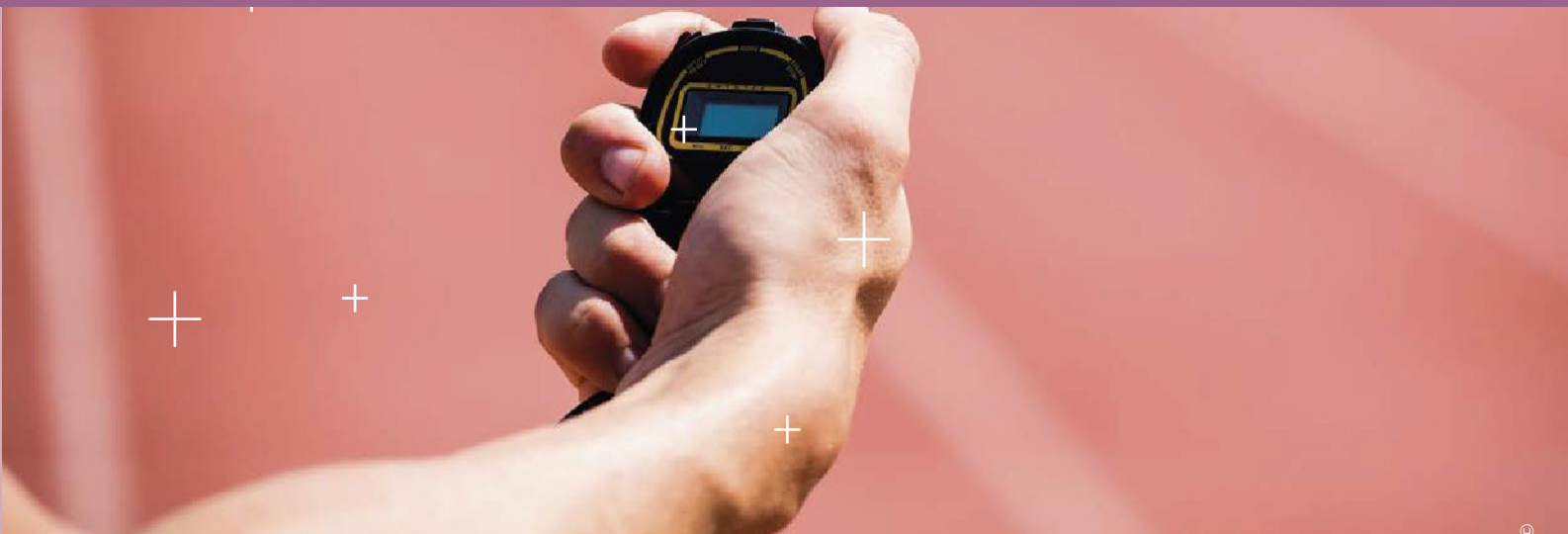
Université Claude Bernard Lyon 1 - UFR STAPS professional courses

La Région
Auvergne-Rhône-Alpes



FormaSup
SIN - RHONE - LOIRE

Physical Trainer (DUEPP)



Advantages of the course

- **Highly reputed course on an international scale** (France, Brussels, Lausanne, Beirut).
- **Course listed in the Olympic Solidarity course catalogue.**
- **Course organised in work-study mode** (university/work placement), in class (seminars) and remotely, with reinforced tutoring.
- **Participation by numerous professionals and researchers renowned for their expertise** (physical trainers, doctors, physiotherapists and academics in motion science).

Level of study **BAC+3**

Objectives

The main objective of the DUEPP is to help train **high-level physical trainers** working in professional or semi-professional structures as part of a training team. These graduates meet the needs identified by competitive sports organisations and possess two sets of skills:

- **'Preparation'** of athletes for different competitions (on a session-to-session, annual and even career-long basis).
- **'Collaboration'** within a professional team (medical staff, trainer, manager).

Target public:

- **Initial education:** Bachelor's degree in 'sport training' or State diploma (*Diplôme d'État/Diplôme d'État Supérieur*) with experience in training or physical preparation.
- **Continuing education:** Employees wishing to develop new skills or retrain, jobseekers with a bachelor's degree in 'sport training' or a State diploma (*Diplôme d'État/Diplôme d'État Supérieur*, awarded by the Ministry for Youth and Sport) and experience in the field of training or physical preparation.

Selection or prerequisites:

Hold a Bachelor's degree in 'Sport Training' or equivalent qualification, or apply for Validation of Personal and Professional Skills or Experience.

Have been involved in a high-level competitive sports structure for a number of years and have arranged for a work placement in connection with planning the physical preparation of high-level athletes.

Selective course

• **Admission based on applications:** supporting evidence of previous studies and of sporting and professional experience.

The course takes place in work-study mode over 10 months.

It includes six 35-hour seminars in partner universities: Lausanne in September, Brussels in December and the other 4 seminars from January to June in Lyon.

These classes are combined with remote supervision by an academic tutor from Lyon 1 in the framework of the compulsory work placement. This 175-hour work placement as a physical trainer must take place in a structure for professional or high-level athletes.

The programme is structured on the basis of 5 skills areas:

+ **Plan the physical preparation of a high-level athlete**, throughout the season and from session to session, according to personal, team-related and institutional factors.

+ **Make timely choices of useful, necessary and appropriate tests** with regard to the specific sport and athletes concerned.

+ Collect, analyse and use the data.

+ **Design and implement sessions** to maintain and develop the athlete's physical qualities using methods suited to the specific sports and athletes concerned and to the different objectives of the training programme.

+ **Design, explain and carry out** a range of actions for the purpose of prophylaxis, recovery and return to sport appropriate for a specific sport and the specific characteristics of a high-level athlete.

+ **Collaborate within a training team** with regard to the role attributed to the physical trainer in the framework of French legislation (*Code du Sport*) and your employment contract.

Professional Insertion

• Sectors of activity:

Amateur and professional sports.

• Example jobs:

Physical trainer.

Information

Dates: September to September

Course duration:

1 year - 385 hrs of training including a work placement and tutored project of 175 hrs minimum

Student numbers: 30 students

Usual location:

Campus LyonTech-la Doua (69- Villeurbanne) - Lausanne - Brussels

Contacts:

Administrative information and admissions:

Tel. +33 (0)4 72 43 27 34

Course information:

Sylvie SAIEB - sylvie.saieb@univ-lyon1.fr
Gil COQUARD - gil.coquard@univ-lyon1.fr

Course website:

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



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Leadership and Management of Physical, Sporting and Cultural Activities (AGAPSC)

Programme: Sports Club Development Agent (ADECS)



Level of study

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Advantages of the course

- **Issuance of the 'Sport Educator' professional licence** (Youth and Sport).
- **Flexibility of distance-learning** with only 24 days in class (Lyon or Paris).
- **Historical link with the National Sport Institute** (INSEP).
- **Digital teaching platform** for distance-learning courses developed by Lyon 1
- **IT and activity leadership refresher classes**

BAC+2

Level III professional diploma (BAC+2) listed in the National Repository of Professional Certifications and supported by the sport's professional sector.

Objectives

Train **managers / sport activity leaders** capable of supervising participants in at least two sporting disciplines and carrying out all or some of the administrative and development activities of the structure.

Target public:

- **Initial education:** School leavers, students changing course.
 - **Continuing education:** Employees wishing to develop new skills or retrain, jobseekers.
- The course is primarily designed for people already involved in the non-profit sport movement and who wish to develop new skills in sports management and leadership.

Selection or prerequisites:

Baccalauréat or similar level IV qualifications, or application for Validation of Professional and Personal Skills or Experience (for people over the age of 21 having left full-time education at least 2 years ago).

Compulsory involvement in a sports structure, with an identified work placement location.

Selective course Admission based on applications: (professional project, supporting evidence of previous studies and of sporting and professional experience).

Programme

The course takes place over 2 years, mainly remotely (distance learning), with 24 days in class. This arrangement enables students to be fully involved in their structure, to experiment and apply their knowledge and skills.

The programme is structured on the basis of 6 skills areas covered in 24 Teaching Units (*Unités d'Enseignement* - UE):

+ Know and analyse your professional environment

4 UE | Institutional environment of the sport sector; legal and regulatory framework of the sport sector; local and regional context and stakeholders; safety of equipment and sports facilities.

+ Implement development projects:

8 UE | Development strategy of a sports organisation, quality (assessment and monitoring); management of human resources; marketing; sponsorship and sales; accounting management; financial and forecasting management; project management of events.

+ Communicate in a professional situation

6 UE | General English; specific English; written communication tools and approach; oral and non-verbal communication techniques; IT and software; websites and communication materials.

+ Lead and supervise

4 UE | Specialist physical and sporting activity; additional physical and sporting activity; learning and teaching; sociology of sporting practices.

+ Know the participant:

2 UE | Anatomy; general physiology.

+ Working in a professional environment and professional insertion strategy (work placement)

Professional Insertion

• Sectors of activity:

Non-profit sports sector (amateur clubs, committees and leagues), **professional clubs**.

• Example jobs:

Development agent for a sports club, sports teacher, sporting activity leader, coordinator of small structures, project

Information

Dates: September to July

Course duration:

2 years - 950 hrs of classes and 400 hours of work placement (or full work-study mode: apprenticeship or professional insertion contract).

IT course (7 hrs) - Activity leadership course (21 hrs)

Student numbers: 30 students

Usual location: Remotely and in class Campus LyonTech-la Doua (69- Villeurbanne) ou INSEP (75 - Paris)

Contacts:

Administrative information and admissions: Tel. +33 (0)4 72 43 13 42

deust.adecs@univ-lyon1.fr

Course information:

Didier PEREZ

didier.perez@univ-lyon1.fr

Pre-admission: Parcoursup for the under 26s Other profiles: contact the secretary directly

Course website:

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

LP

Management and Development of Sports and Leisure Services and Organisations

Programme: Management and Development of Sports Organisations (GDOS)



Advantages of the course

- **Flexibility of distance-learning** with only 14 days in class in Lyon.
- **Facility to set up work-study contracts.**
- **Digital teaching platform** for distance-learning courses developed by Lyon 1 (ICAP – Innovation Design and Teaching Support).
- **Individual academic tutoring.**

Level of study BAC+3

Objectives

To train (remotely) **directly operational managers of sports structures**, at middle-management level (level II). Graduates of the Professional Bachelor's Degree are able to design, implement and assess projects in the field of sport and leisure and, in general, take part in the development of a sports organisation.

Target public:

- **Initial education:** Students having validated 2 years of higher education (BAC+2) or 120 ECTS credits, with a direct professional insertion project.
- **Continuing education:** Professionals with proven management experience and involved in a sports structure.

Selection or prerequisites:

Candidates must have the required level of study or, for professionals providing evidence of extensive experience, a simplified Validation of Experience procedure.

Selective course: Examination of application, which must include evidence of previous study, professional experience in connection with sport and management, and a professional project.

Programme

Course taught via distance-learning over 1 year including 450 hrs of classes and a work placement of at least 560 hrs in a sports organisation.

The programme is based on Teaching Units taught over 14 classes.

• Specific Skills:

+ Manage a sports structure or organisation and its human and financial resources

Strategic approach, financial and forecasting management, legal and regulatory framework, HR management.

+ Designing, selling, negotiating and communicating an offer for partners and different target groups

+ Marketing, communications, negotiation and sales, English.

+ Designing and managing action plans and projects

Design and launch of a project, e-management and remote collaborative tools.

• Professional and cross-disciplinary skills:

+ Operational and collaborative management of a tutored project (remotely).

+ Work placement and professional insertion strategy.

Professional Insertion

• **Sectors of activity:** Sport and non-profit sector, local and regional authorities, private commercial sport and leisure sector, etc.

• **Example jobs:** Development manager, head of sports department, centre manager, project manager.

Information

Dates: end-August to early July (session 1) or end-August (session 2 exam)

Course duration:

450 hrs of classes and 560 weeks of work placement (or full work-study mode: apprenticeship or professional insertion contract)

Student numbers: 30 students

Usual location: Distance learning + Campus LyonTech-la Doua (69- Villeurbanne)

Contacts:

Administrative information and admissions: Tel. +33 (0)4 72 43 13 42 lp.gdos@univ-lyon1.fr

Course information:

Eric BOUTROY
lp.gdos@univ-lyon1.fr

Admission procedure: <https://ecandidat.univ-lyon1.fr>

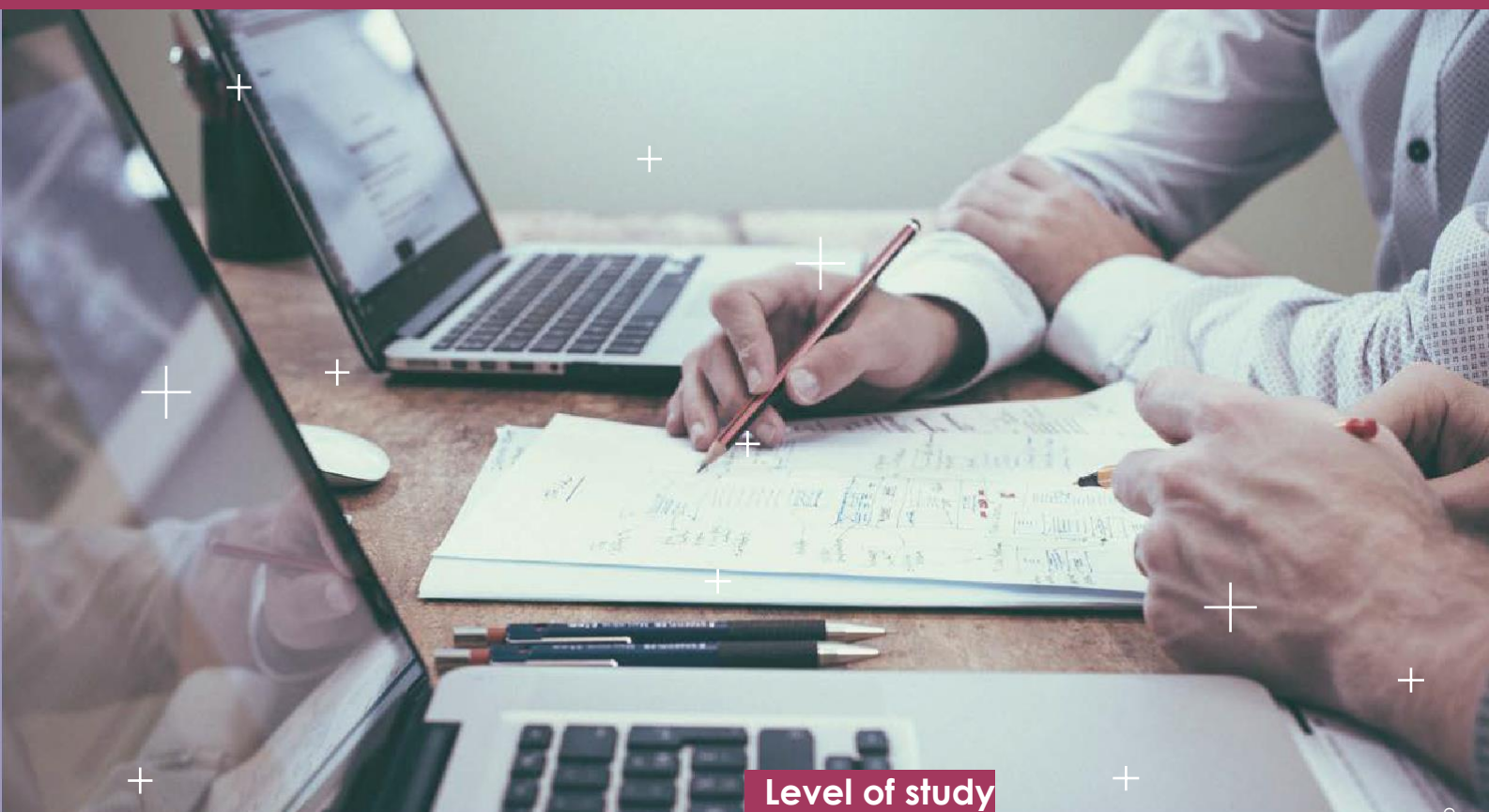
Course website:

<http://sportmanagement.univ-lyon1.fr/l-pro/>



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Management of Sports Organisations (DUGOS)



Level of study

BAC+2

Diploma listed in the National Repository of Professional Certifications for 3 years by decision of CNCP - Decision of 31 January 2018 published in the Official Gazette on 8 February 2018.

Objectives

The main objective is to train **managers of sports organisations - directors of sports structures or administrative managers**. These positions are mainly to be found in the non-profit sport sector.

Target public:

The course is primarily designed for people already involved in the non-profit sport movement and who wish to develop new management skills.

- **Continuing education:** Employees wishing to develop new skills; sporting professionals seeking to retrain; voluntary elected officials seeking to develop their organisation.

Advantages of the course

- **More than 20 years' experience** (diploma created in 1996).
- **Course supported by the Olympic movement.**
- **Individual academic tutoring** throughout the course.
- **Flexibility of distance-learning** with optional days in class (Lyon or Paris).
- **Course taught remotely** and by modules worth credits.
- **IT refresher classes**

Programme

Selection or prerequisites:

• The course is open to people working in a sports organisation (employee or volunteer) with a level IV level of study (BAC, BP JEPS, BEES primary level, etc.).

For candidates without the required level, admission is conditional on the candidate having experience in the sport sector.

• Compulsory involvement in a sports structure, with an identified work placement location.

• The diploma is eligible for Validation of Experience, which enables individuals to obtain a qualification, either in full or in part.

A first selection round is based on applications; interviews may be conducted remotely to confirm the selection.

The mode of teaching, almost solely carried out remotely, is designed to make the course accessible to people already in work and looking to acquire additional skills. The organisation of the course, over two years, is based on a high level of professional practice (work placement of 800 hrs minimum), in line with the professional needs of the sport sector.

Skills and teaching units:

Seven teaching modules span the two years of training, in addition to the work placement.

+ 1. Sports organisations - environment, law and administration

Objective: Be able to situate the role of a club, its structure, the means necessary to fulfil its role and its context.

+ 2. IT

Objective: Be able to produce a member file, internal newsletter, press file, mailshot and Research report, and be able to process and present data.

+ 3. Development Strategy of a Sports Organisation

Objective: Be able to design and implement a strategic approach within a sports club.

+ 4. Human resources management

Objective: Be able to apply the principles of HR management in managing a club.

+ 5. Organisation of a sporting event

Objective: Be able to manage and direct an event and plan its organisation.

+ 6. Financial and forecasting management of a sports organisation

Objective: Be able to design and implement the financial policy of a sports club.

+ 7. Marketing of a sports organisation

Objective: Be able to adapt the general principles of marketing to a sports club.

Professional Insertion

• Sectors of activity:

Non-profit sports sector (amateur clubs, committees and leagues), professional clubs.

• Example jobs: Director of a sports structure, administrative manager.

Information

Dates: September to July

Course duration:

2 years - Two options:

Without days in class: 420 hrs (including 14 hrs on site) + 800 hrs of work placement

With 8 days in class (Lyon or Paris): 475 hrs

(including 70 hrs on site) + 800 hrs of work placement

IT refresher course (7 hrs)
Course available under apprenticeship or professional insertion contract

Student numbers: 40 students

Usual course location: remotely and on site:

Campus LyonTech-La Doua (69- Villeurbanne) or INSEP (Paris - 75)

Contacts:

Administrative information and admissions:

Tel. +33 (0)4 72 43 13 42

dugos@univ-lyon1.fr

Course information:

Bénédicte VIGNAL

dugos@univ-lyon1.fr

Course website:

<http://sportmanagement.univ-lyon1.fr/dugos/>



Partners:

Auvergne-
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Sport Sector



Activity
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Université Claude Bernard Lyon

1 UFR STAPS

27-29 boulevard du 11 novembre 1918

69622 VILLEURBANNE Cedex

Tel.: +33 (0)4 72 44
83 44

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

Université Claude Bernard Lyon 1

Continuing Education and Work-Study Department

13 boulevard André

Latarjet 69622

VILLEURBANNE Cedex

Tel.: +33 (0)4 72 43 14 49

Email: fcsciences@univ-lyon1.fr

Website: <http://focal.univ-lyon1.fr>