



Health, Ageing and Adapted Physical Activities (SVAPA)

New course - September 2018



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Level of study

BAC+3 (Bachelor's degree)

Objectives

The aim is to train **activity leaders and educators specialised in the development and implementation of adapted physical activity programmes for various types of senior citizen**, 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.

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).

Programme

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 activities - 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

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: professional insertion contract)

Student numbers: 25 students

Usual location:

Campus LyonTech - La Doua (69- Villeurbanne)

Contacts:

Course information:

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Course website:

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



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