

## Semestre 3

Module (UE) / skills		Topics (EC)	L	T	P	Dist.	Stage	ECTS	Weighting
TM9EO1-	Performance optimisation and training	TM9EO11 Seminars (Nantes)	20			10			5
		TM9EO12 Transferring knowledge to the professional field				40			5
		TM9EO13 New technologies in training	10			30			5
		TM9EO14 Muscle strengthening and return-to-sport programmes	10		10	20		5	5
		TM9EO15 Optimisation of human movement	20						5
		TM9EO16 Advanced study of the training context and performance	20						5
		TM9EO17 English		20					5
		TM9EO1R Seminars (Rennes)		15					5
		TM9EO2R Monitoring the training load		15					5
		TM9EO3R The role of virtual reality and emerging technologies in sport performance		15					5
		TM9EO4R Biological and biomechanical analysis methods applied to sport performance		15					5
		TM9EO5R Tiredness and recovery strategies		15					5
		TM9EO6R Nutrition in top-level sport		15					5
		TM9EO1B Virtual reality and emerging technologies in sport: a human-centred approach	20						5
		TM9EO2B Mental preparation techniques (level 2)		20					5
		TM9EO3B Developing service activities (level 2): private sector	5	15					5
		TM9EO4B Learning from expert coaches (level 2): analysing coaching techniques	5	15					5
		TM9EO5B Group intelligence and cohesion	5	15					5
		TM9EO6B Preparing for the Physical Education Teaching entrance exam: oral tests (level 2)	5			30			5
TM9EO7B Physical conditioning techniques (level 2): organising and implementing a physical conditioning programme	5	15					5		
<b>Total (excluding placements)</b>			<b>70</b>	<b>20</b>	<b>10</b>	<b>130</b>	<b>0</b>		

## Semestre 4

Module (UE) / skills		Topics (EC)	L	T	P	Dist.	Stage	ECTS	Weighting
TM10EO2	Methodology and work placement	TM10E21 Individual dissertation support						30	30
		TM10E22 Individual work placement support					200		
<b>Total (excluding placements)</b>			<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>200</b>		