

# Théorie et pratique de la préparation physique, fitness, santé

## Lecturers

Alain CARPENTIER (Coordinator), Nathalie GUISSARD and Justine MAGNARD

## Course mnemonic

EDPH-I4374

## ECTS credits

15 credits

## Language(s) of instruction

French

## Course period

First and second terms

## Evaluation method(s)

Other

## Programmes

### Programmes proposing this course at the faculty of Motor Sciences

MA-EDPH | Master in Motor skills : Physical Education | finalité Physical preparation/unit 1 and finalité mental and athletic training/unit 1