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la mention entraînement sportif es forme des entraîneurs capables de s adapter à tous types de publics et de structures leurs principales compétences englobent le développement des ressources physiques et mentales des sportifs ainsi que l'appréhension de leurs performances À travers 13 chapitres cet ouvrage permet aux candidats à l'entrée dans le cursus et aux étudiants en cours de formation 1 de visualiser l'ensemble des métiers liés à l'entraînement sportif et d'en connaître les différentes spécificités 2 de connaître les compétences transversales et académiques nécessaires à ce corps de métier physiologie anatomie fonctionnelle psychologie 3 d'identifier les compétences professionnelles indispensables à la pratique de l'entraînementtelles que le

traitement de la performance 4 d intégrer les compétences disciplinaires nécessaires à la bonne réalisation de l entraînement sportif coordination le devoir d éduquer la pluralité des savoirs la préface et la postface de cet ouvrage sont composées d interviews vidéo de michel da costa entraîneur d athlètes internationaux et instructeur fédéral de karaté et d anne capron formatrice coordinatrice à l insep et plusieurs fois finaliste olympique en natation artistique chaque chapitre est traversé de témoignages étudiants enseignants formateurs universitaires autant de regards croisés sur le parcours universitaire et les contenus de la formation et se conclut par des quiz et des questions qui permettent de tester ses connaissances grâce aux nombreux encarts le saviez vous astuce pratique et focus cet ouvrage offre toutes les clés pour réussir en staps

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