

## Sports



Component  
École Nationale  
Supérieure  
d'Électrotechnique  
d'Électronique

### In brief

- **Ametys Code:** N6EK01C
- **Open to exchange students:** No

## Presentation

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### Objectives

- Health seen as a set of resources that need to be mobilized and developed.
  - Self-knowledge through effort.
  - Access to a cultural domain.
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### Description

- Choose a sport from a list of twenty or so (activities to suit all tastes).
- A weekly sports slot.
- Training and Cross at the end of semester 1.