

Sports



Component
École Nationale
Supérieure
d'Électrotechnique
d'Électronique

In brief

- **Ametys Code:** N5EK01C
- **Open to exchange students:** No

Presentation

Objectives

- Health seen as a set of resources that need to be mobilized and developed.
 - Self-knowledge through effort.
 - Access to an area of culture.
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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.