

U•S P•O•R•T•S

UNIVERSITÉ DE
FRANCHE-COMTÉ

U-Sports

Faculty of Sport Sciences
at the University of Franche-Comté

France

www.u-sports.univ-fcomte.fr



Présentation of the Faculty of Sport Sciences

Goals of excellence and international exchange

The Faculty of Sport Sciences of the University of Franche-Comté is known as “UPFR des Sports” or more simply “U-Sports.” The Faculty was created 35 years ago within the University, located in Besançon, the capital of the Franche-Comté region of France. Since 2015 and the merger of the Bourgogne and Franche-Comté regions, U-Sports has been a component of the enlarged University of Bourgogne Franche-Comté (UBFC) group. U-Sports is a proactive and dynamic Faculty that contributes to the excellence of this benchmark university group at the European level.

The foremost mission of U-Sports is instruction, initial training, and continuing education in physical activities and sports, especially in STAPS (the French acronym for Sciences and Techniques in Physical Activities and Sports). Its training offer is constantly developed and updated to meet the needs and constraints of its socioeconomic environment. A U-Sports education is designed to help students enter the professional world with whatever degree level they finish with : 2-year post-Baccalaureate, bachelor’s, master’s, or doctorate.

U-Sports’ innovative scientific and technological research puts emphasis on multi-disciplinarity and enables the development of international partnerships and projects. And thanks to the actions of the “Campus Sports” program, whose purpose is to encourage the practice of physical activities and leisure sports, U-Sports plays a role in the dynamism of the University of Franche-Comté as a whole and to the well-being of both its students and its staff.

Outstanding facilities, with a human dimension

U-Sports has outstanding facilities that provide students with exceptional conditions, for both study and practice:

- classrooms equipped with video projectors, computer rooms, video room (with a TV studio) ;
- indoor sports practice sites : weight room, gymnastics room, climbing room, judo room, track and field gym, group sports gym, others ;
- outdoor sports practice sites : soccer and rugby playing fields, tennis and beach volleyball courts, others.

Students can also meet together and relax at U-Sports’ own cafeteria, managed by the student union.

U-Sports in figures

- 1 110 students enrolled in September 2018, all sections combined.
- 26 administrative and technical staff.
- 49 teaching staff.



U-Sports and international exchange

A long-standing exchange policy

For more than 30 years, U-Sports has been working with numerous foreign partners in programs and projects directly related to physical activities and sports. The motive force behind this ambitious policy of international development and its dynamic management is U-Sports' scientific culture, which is recognized not only in Europe and in the French-speaking world, but also increasingly in new areas of cooperation such as emerging countries.

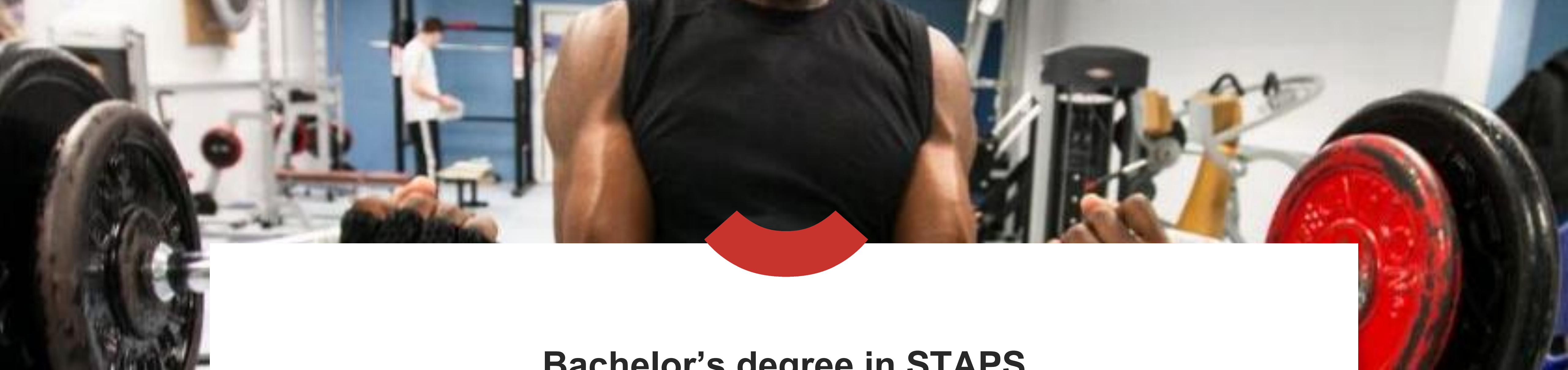
As part of this exchange, U-Sports regularly hosts international specialists in physical activity and sports during the meetings, symposiums, and seminars it holds on multidisciplinary scientific themes.

For example, each year U-Sports holds a week-long event devoted to international exchange : "U-Sports à l'international". The 2018 edition was held during the week of October 22, at the campus amphitheater. Conferences, open to the general public, were conducted in English by instructors and researchers from U-Sports' partner universities.



OUR DEGREE PROGRAMS

The foremost mission of U-Sports is instruction, initial training, and continuing education in physical activities and sports, especially in STAPS (the French acronym for Sciences and Techniques in Physical Activities and Sports). Its training offer is constantly developed and updated to meet the needs and constraints of its socioeconomic environment. A U-Sports education is designed to help students enter the professional world with whatever degree level they finish with : 2-year post-Baccalaureate, bachelor's, master's, or doctorate.



Bachelor's degree in STAPS with a specialization in Sports Training

The bachelor's degree program in STAPS with a specialization in Sports Training teaches students how to meet sports-training objectives by providing them with 1) the knowledge they will require in very specialized technical areas and in scientific fields and 2) sound methodologies in training and in physical and mental preparation.

Program

The degree course combines theoretical and practical classes. It helps students better understand the profession of trainer. It covers the way in which sports clubs operate, and it explores the didactic fields of physical, sport, and artistic activity and of physical preparation, etc. It is up to the students to organize their sports specialization by choosing from among several options :

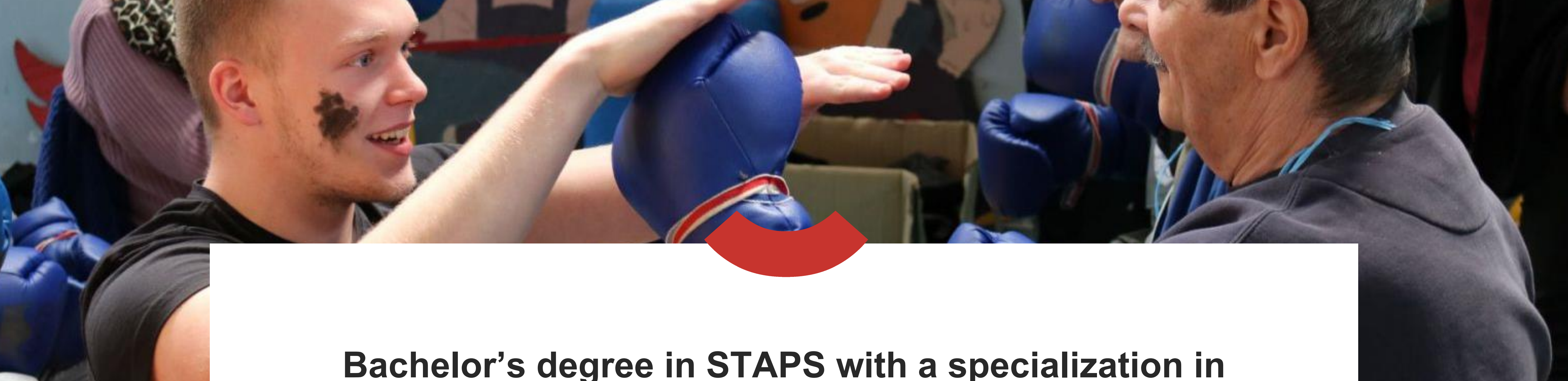
- Physical preparation
- Sports versatility
- Combat sports
- Water sports
- Cycling activities
- Group sports
- Gymnastic, fitness, and strength-building activities

Internships

The bachelor's degree program in STAPS with a specialization in Sports Training includes two internships.

The first internship, of about 60 hours, occurs during the second year of study and is designed to promote discovery of the world of sports, training, and physical preparation. It enables students to begin putting into practice the knowledge and skills they have acquired.

The second internship, of about 100 hours, occurs during the third year and has a real professional goal: its main objective is to aid students in their future professional insertion.



Bachelor's degree in STAPS with a specialization in Adapted Physical Activity (APA) and Health

This degree course is ideal for students concerned with the problems of disabilities, aging, or more generally of insertion into society. Here, students learn how sports can help lower people's threshold of dependence, develop their skills and enable better well-being.

Program

The bachelor's degree program with a specialization in APE and Health introduces students to realities on the ground. It is structured around regular contributions by professionals in APE, alongside courses in pedagogy, didactics, and technology.

Practice of adapted physical activities and health along with a sociological approach help students to better understand the target public suffering from a disability.

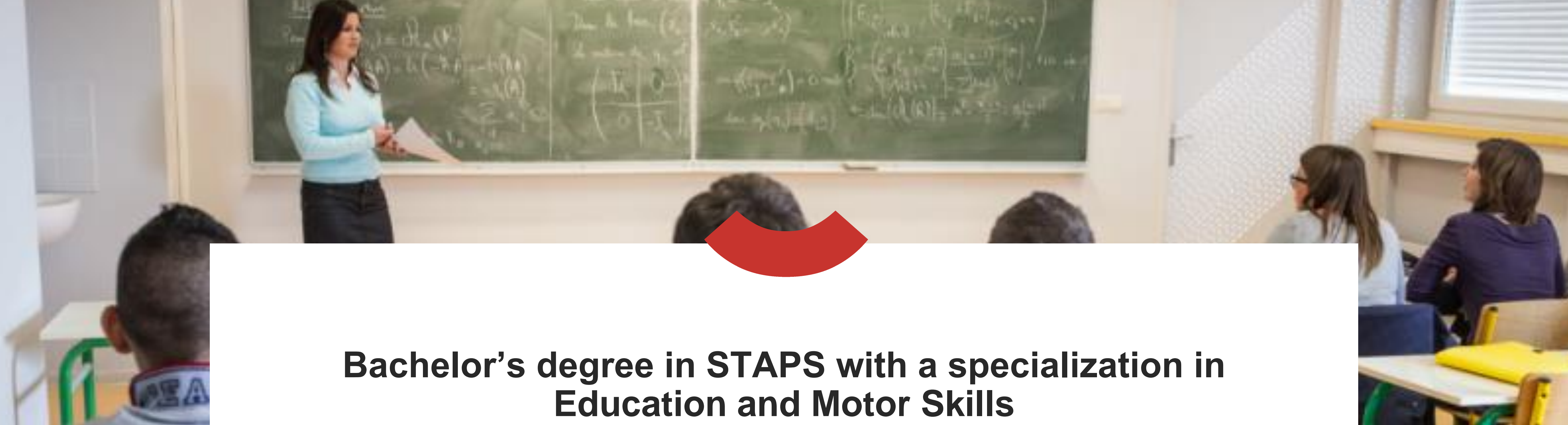
Modern languages and statistics are also taught during the degree course. At the same time, the training in APE and Health proposes an introspective approach to tools of measurement and evaluation of physical performance.

Internships

The degree course is rounded out by two internships, carried out preferably at facilities specialized in care for people with different types of disabilities.

The first lasts two and a half days and acts as a real opportunity for sensitization. It helps students understand how a facility works, the role of APE and Health within it, the need for teamwork, and a better appreciation of the target public. It provides students with the chance to put their pedagogical and didactic courses into practice, by preparing and leading sessions. This first internship is then evaluated based on a report written by the student.

The second stage is longer and focuses on actions carried out among the target public. It makes for a situation in which students can develop analysis that will manifest itself in the writing of a bachelor's thesis on which they will be evaluated.



Bachelor's degree in STAPS with a specialization in Education and Motor Skills

This degree program is designed for students who wish to go on to teach physical, sport, and artistic activities at an educational facility, in particular at schools. It is likewise invaluable if they want to prepare the French competitive exam to become a sports teacher in the French school system.

Program

The bachelor's degree program in STAPS with a specialization in Education and Motor Skills includes :

- didactics ;
- instructor-student interactions ;
- theory in physical, sport, and artistic activities (*covered through life sciences*) ;
- humanities ;
- and social sciences.

Internships

Two internships are organized, the first during the 3rd semester and the second during the 6th semester.

The latter internship takes place in a school.



Bachelor's degree in STAPS with a specialization in Sports Management

This degree program is ideal for students who are attracted by marketing, management, event management, and communication, and at the same time interested in sports and leisure activities.

Program

The bachelor's degree program in STAPS with a specialization in Sport Management covers very varied fields. It combines sports practice and the learning of professional techniques for :

- developing strategies ;
- managing marketing, communication, and promotion ;
- managing resources in material, equipment, and sports facilities.

It also covers the notion of cultural heritage, tourism, and leisure sports.

Projects

The students carry out projects, case studies, and training in real-life situations. For example, during a one-week stay at a Chamonix ski station in the Alps, they may draw up a full territorial analysis and propose an appropriate seminar offer.

In their third year, the students of this program must all organize a multi-sport adventure race. In addition to setting up a course made of sports trials, they must look for equipment, officially approved monitors, and financial sponsors. They are also in charge of the administrative and financial management, the logistical organization, and the communication on the event.



Master's degree in STAPS with a specialization in Training and Optimization of Sports Performance

Students are prepared as trainers with skills in using evaluation and performance tools. This two-year program in sports training engineering includes 10 courses per year (*5 per semester*). The classes and the internships are both held throughout the academic year (*Sept. to May*). Classes are held in the morning only. Students are free in the afternoon for their personal work, tutored projects, and internships. Classes are held at the U-Sports campus and on the Exercise Performance Santé Innovation biomedical research platform, located within the Faculty of Health (*UFR SMP*) campus.

Objectives

Students graduate from this master's program with scientific, professional, and sports skills. These will help them provide design, management, and expertise for the programs that they will lead to optimize motor skills performance through physical or sports activities. They will be apt to head strategy and operations at organizations specialized in such programs.

International education

International education is one of the great assets of the master's degree. Students take English language courses as well as courses conducted in English. Plans have been made to increase the volume of classes in English to include one-third of all courses. This will also involve increased use of video conferences with English-speaking instructors for certain specific classes. The instructors who do not have a sufficient command of English are encouraged to use class material in English. The students must present their master's thesis in English (*PowerPoint and oral presentation*).

Informal partnerships for exchanges of teacher/researchers exist with U-Sports' partner universities. Hosting students or sending students to these universities outside of conventional EU student exchange (*ERASMUS*) programs is also encouraged, for internships etc.

Student mobility

In recent years, student mobility has been encouraged both within and without the framework of ERASMUS programs. At least one student per year has carried out the first year or all of his/her master's abroad.



Master's degree in STAPS with a specialization in Adapted Physical Activity (APA) and Health

This degree program prepares future managers in the field of physical activity for specific scientific, technical, and organizational actions targeting the prevention, evaluation, and monitoring of various pathologies or disabilities.

Objectives

The teaching increases students' depth of knowledge about people with those pathologies and the physiological, neuromuscular, and psychological effects of physical exercise (both the clinical and social aspects). Students will come to understand the optimal capacities for individual adaptation as well as the benefits of regular practice of physical activity for various physical or metabolic pathologies and deficiencies (obesity, diabetes, neurodegenerative diseases, cancer, old age, etc.).

This training course also includes strong skills in supervision of physical-activity programs and evaluation of physical capacities (methodology and benefits/risks).

International exchange

Double degree with the University of Santo Tomas de Bogota, Colombia.

Student mobility

The master's degree program in STAPS with a specialization in APA and Health hosts foreign students from the "Sciences without Borders" program, especially from Brazil and Colombia. An exchange agreement was signed with the University of Santo Tomas de Bogota in 2015.

French students in the program generally choose study abroad from their first year of master's study, in European partner countries (*through ERASMUS*) or in Canada (*Quebec-CREPUQ*).



Master's Degree in Sports Management: Training Program in the Development and Management of Sports and Leisure Services

Objectives

The master's degree program in "Development and Management of Sport and Leisure Services (*DP2SL*) provides students with two skills:

- development of sports and leisure services,
- team management.

This degree program trains students to become operational managers capable of leading a team and of analyzing, evaluating, and designing the sports and leisure services of an organization or a local authority at the regional, national, or international level.

Professional prospects

The program prepares students for duties as project manager in the non-commercial sector (*sports clubs and federations, local authorities, tourist bureaus*).

But it can also lead to jobs in the commercial sector (*companies, travel agencies, etc.*). Some examples of jobs held by former students :

- Tourism project manager
- Project manager for the development of sports and tourism services
- Event management project manager
- Head of sponsoring
- Head of tourism promotion
- Manager at mass-merchandise store
- Marketing studies officer

The importance given to end-of-year internships leads to interesting professional insertion prospects. A survey conducted among graduates of the degree program since 2014 reveals that :

- The professional insertion rate is 100% just one month after the diploma is obtained.
- The jobs obtained match the content of the degree course in 71% of cases.
- Permanent contracts make up 55% of the jobs, and full-time employment is 83%.
- The median initial salary is 1,386 euros per month (*the highest is 2,035 euros*).
- Nearly half the jobs (42%) are found in Franche-Comté and the rest in other regions of France or abroad.

The “Victor Hugo Scholarship”

In 2010, the University of Franche-Comté, in partnership with the regional government of Franche-Comté and the City of Besançon, established the “*Victor Hugo Scholarship*” for master’s and doctoral students at the University.

The program has met with great success and is very regularly attributed to students who wish to continue their education at U-Sports. It has also made it possible to host selected students from Latin America and Haiti.





RESEARCH AT U-SPORTS

The foremost mission of U-Sports is instruction, initial training, and continuing education in physical activities and sports, especially in STAPS (the French acronym for Sciences and Techniques in Physical Activities and Sports). Its training offer is constantly developed and updated to meet the needs and constraints of its socioeconomic environment. A U-Sports education is designed to help students enter the professional world with whatever degree level they finish with : 2-year post-Baccalaureate, bachelor's, master's, or doctorate.



The EA4660 or “C3S” team on Culture, Sport, Health, and Society

The “C3S” team, created in 2012, is part of U-Sports and established within its facilities. It includes 25 statutory members and around 30 doctoral students working under the direction of Professor Gilles Ferréol. Colleagues from other research units of various Faculties, university institutes of technology, or teachers-training institutes work closely with C3S and pool their work and research.

Such exchange, concertation, and collegial cooperation allow for multidisciplinary research, whose theme “Culture, Sport, Health, and Society” is studied from three approaches :

- “Socio-anthropology of knowledge and cultural dynamics”
- “Physical representations and practices”
- “Health and physical and sports activities”

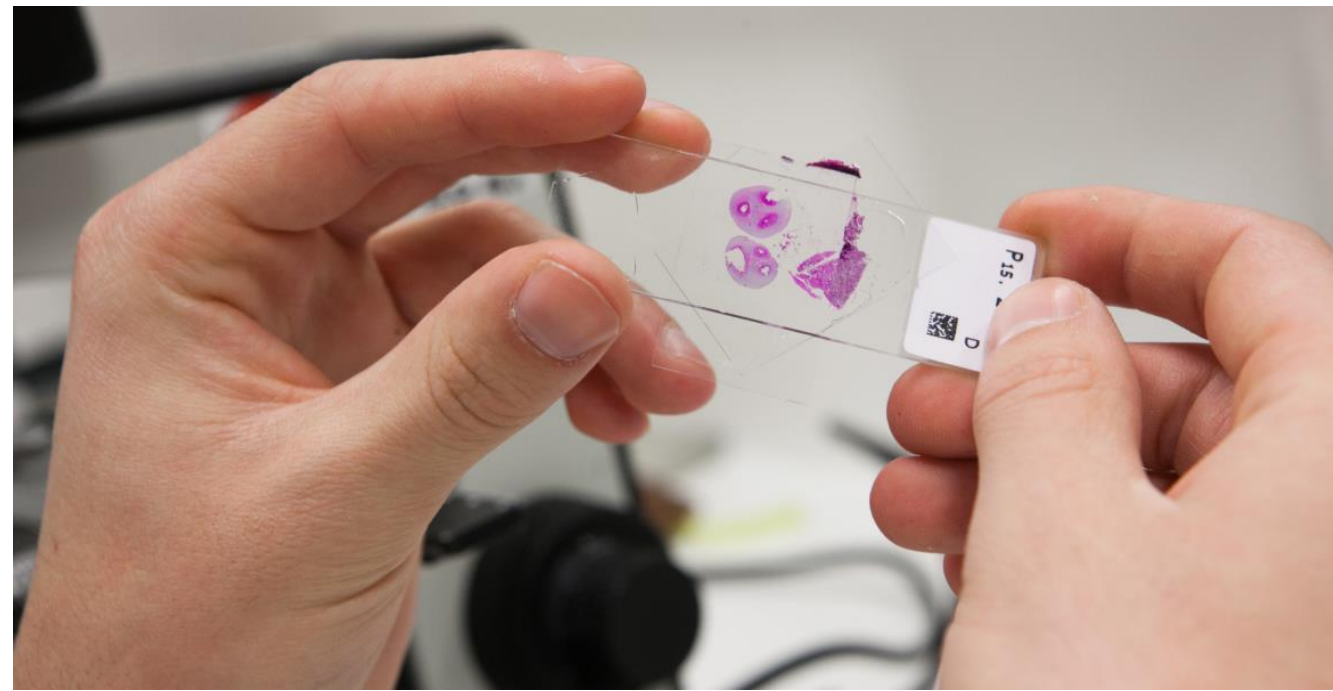


The EA4661 or “ELLIADD” team on Publishing, Literatures, Languages, Computer science, Arts, Didactics, Discourse

The “ELLIADD” team was also created in 2012, but is part of the Faculty of Language Sciences, Man and Society. Its four distinctive subgroups all work on major fields of research in the humanities: Analysis of Corpus Discourse, Stage Arts, History and Literary Archive of the Past Two Centuries, Linguistics and Semiotics, Didactics and French as a Foreign Language, Information and Digital Communication Sciences, Physical and Sports Activity Sciences and Techniques.

ELLIADD brings together 65 teacher-researchers, more than 100 doctoral students, and 30 associated researchers. The following three cross-cutting themes give orientation to its research :

- “Subject, Meaning, Knowledge: forms of discourse”
- “Variations in Scale”
- “Digital Practices and Problems.”



The EA4267 or “PEPITE” team on Pathologies and Epitheliums : Prevention, Innovation, Treatments, Evaluation

PEPITE is a multidisciplinary team in pharmacology, physiology, pharmacognosy, toxicology, galenical pharmacology, therapeutic chemistry, physiology of sport, rheumatology and surgery. It researches the field of Health and Sport Sciences of a pre-clinical, translational, and clinical nature, focused on the passage of epithelial barriers and epithelial dysfunction care.

“Epitheliums” are mono- or multi-cell tissue layers whose function is protection or secretion. The PEPITE scientists, pharmacists, physicians, and surgeons, who are members of the University of Franche-Comté or the University of Bourgogne, study epitheliums as epithelial barriers that can influence the effect of a medicine on the body and of access to its therapeutic target, but also study them as therapeutic targets because epithelial dysfunction is involved in many pathologies. PEPITE works especially on digestive, vascular (endothelium), and hepatic epitheliums and looks for new strategies (through synthetic chemical compounds, natural substances, physical activity, or cryotherapy) to potentiate the cardiovascular, digestive, or hepatic epithelial functions, especially in cases of chronic inflammatory pathologies.



The EA3920 team on Prognosis Markers and Factors of Regulating Cardiac and Vascular Pathologies

The Prognosis Markers and Factors of Regulating Cardiac and Vascular Pathologies team (EA3920) is led by Professor Simak Davani. Made up of 22 statutory members including teacher-researchers from U-Sports, it is at the same time part of the Faculty of Medical and Pharmaceutical Sciences.

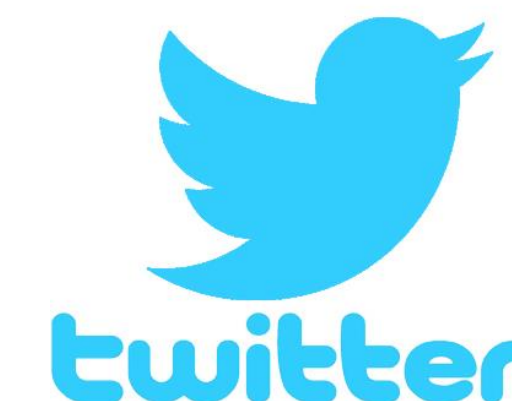
One of its research themes is “Health and Physical Exercise,” which, using a systemic approach, studies the mechanisms through which the various forms of physical exercise (duration, intensity, form of contraction, acute or chronic intermittent exercise) optimize cardiac and vascular activity. It also works on the determinants (neuro-vegetative, hormonal, and endothelial) that regulate that activity

This approach is mostly carried out in the context of the prevention of chronic pathologies, to provide better care through physical activity. The goal is to limit the associated cardiovascular risk factors.

Partnerships established with national and international research teams as well as with the pharmaceutical industry help further all the work of the team.



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