

Science and Technology of Physical Sports Activities (STAPS) Bachelor's Degree

The majority of our courses are taught in French. We invite you to also have a look at the [list of courses offered in English at Rennes 2](#).

Objectives

Students acquire in-depth knowledge of physical sports and artistic activities (APSA) in all their dimensions (technical, institutional, historical, psychological, sociological, physiological, biomechanical, legal, etc.).

The degree is made up of six pathways:

- Education and motor skills (Rennes and Saint-Brieuc)
- Sports management (Rennes)
- Health-adapted physical activities (Rennes and Saint-Brieuc)
- Ergonomics of sport and motor performance (Rennes)
- Sports training (Rennes)
- Re-education and rehabilitation professions (in year 1 only: preparation for the physiotherapist, occupational therapist and chiroprapist examinations)

Course Content

Year 1 (L1) is common to all students. Students start to specialize in five pathways in semester 3 of the second year:

- Education and motor skills
- Sports training
- Health-adapted physical activities
- Ergonomics of sport and motor performance
- Sports management