



TAKE AN IMPULSE IN STAPS

TRAINING AND RESEARCH UNIT IN SCIENCES
AND TECHNIQUES OF ACTIVITIES PHYSICAL
AND SPORTS

“

**As for the future,
your task is not to foresee it,
but to enable it. ”**

Antoine de Saint-Exupéry

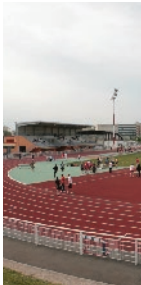
Faculty of Sports Sciences offers qualifications to students who study for 2,3, 5 or 8 years at university as well as to professionals who engage in professional development in careers in sports, in leisure and recreation, in PE, in physical activities and health.

For 50 years the Faculty of Sports Sciences in Dijon - Le Creusot, which is part of the University of Burgundy, has offered courses that are nationally and internationally recognized. Our activities are verified by a strict assessment process and are reviewed every four years. They are made up of varied and attractive courses, on experienced teaching and administrative staff and on excellent working conditions (80000 sq. m of facilities, INSERM laboratory technology for research and an expertise centre for physical training, WIFI, computer and Visio- conference rooms, a cafeteria, an access to the tramway etc.)

This presentation brochure is built around 9 main axes - UBFC, history, facilities, university education, careers, continuing education, research, partners and events. These axes focus on what drives us : the professional insertion of our students along with basic and applied research, digital training and learning. The new partnership with the sports school of Besançon contributes to the regional development, and to the optimal use of the facilities and equipment to serve the sport community.

Thanks to our expertise and experience in sports sciences we expect to bring a message of culture, education, hope and sharing.

Lionel Crognier,
Director of UFR STAPS Dijon - Le Creusot





TERRITORY

Dijon, a sportive city

Dijon was ranked the 3rd most sportive city in France. The city offers first-class facilities that meet the standards of a regional capital. Dijon also supports numerous sports clubs and sporting associations.



Dijon Campus linked to the city centre

Since 2012 two tramway lines have been operating to offer transport to 27000 students and 3000 staff members. A direct 20-minute service operates between Dijon train station and the School of Sports Sciences located on the Eastern part of the campus (station Université).

The Climates of Burgundy included on UNESCO's world heritage list

The Climates of the Burgundy vineyard were inscribed in UNESCO's list in 2015 as a cultural landscape, and as an outstanding example of grape cultivation and wine production developed since the Middle Ages.



The International City of Gastronomy

Spread across a large area in the heart of the town, the "International City of Gastronomy" will be, in 2018, a site open to all culinary and oenological cultures for locals, tourists and professionals.



The University of Burgundy joins the prestigious Shanghai ranking

uB sees in 2017, and for the first time, the quality of its global research recognized worldwide in through the highly reputable Shanghai ranking. The Faculty of Sports Sciences stands out by occupying the 1st ranks in France in her speciality.



uB renews its generation 2024 label

Preparing for the 2024 Olympics is thrown. In institutions, it takes the form of a label called "Generation 2024". The objective is to develop bridges between the school world and the sports world to encourage students to practice sports. at uB, it is the sports department that brings together the STAPS, the SUAPS, the laboratories, the sports league university BFC and the DUC who will develop projects.

UFR STAPS is part of the C3D which aims to ensure the national quality and consistency of training and research in the Sciences and Techniques of Physical and Sports Activities. It is particularly committed to building and promoting the relevance and readability of STAPS training to students and high school students, universities, ministries and organizations and social partners.

<https://c3d-staps.fr>



The perfect surroundings to success at University



HISTORY

IREPS

Creation of the "Institut Régional d'Education Physique et Sportive" located on rue du Volnay in Dijon

CEP Gilles Cometti

The Performance Expertise Center dedicated to physical preparation

20 years

Birthday of the Creusot branch

1966

1976

1991

1997

1998

2005

2012

2016

2018

South Extension

INSERM laboratory
Mieusset Amphitheatre

UBFC

Shared courses and degrees with the Sports School of Besançon

UEREPS

IREPS becomes "Unité d'Enseignement et de Recherche en Sciences Techniques des Activités Physiques et Sportives", on the Dijon campus

Le Creusot

Creation of the school of sports sciences branch

North Extension

SPMS laboratory
New cafeteria

50 years

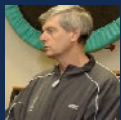
Dijon school of sports sciences anniversary



Christiane Bulot
40 years of service to the school and the students



Charles Rozoy
Swimming Paralympic Champion, London 2012



Gilles Cometti
Teacher - Researcher
Visionary precursor of sports preparation




Clément Turpin
International referee of football


« Faces and figures




FACILITIES

The UFR STAPS offers you the possibility of hosting events in their buildings.

 2 100 students


 65 teachers and teacher-researchers and more than 150 supply teachers

 25 administration and technical staff

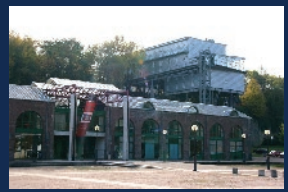
 2 Research Lab
1 Performance Expertise Centre



80,000 sq.m of equipment and buildings 

2 amphitheatres including one with a seating capacity of 300 

25 classrooms, 3 computer rooms, 2 audiovisual studios, 1 cafeteria 



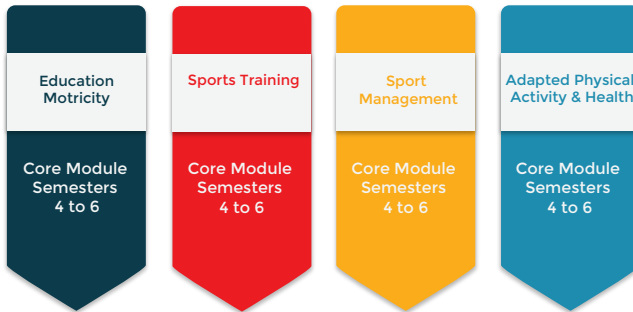
Part of the University of Burgundy, the Condorcet University Center in Le Creusot is located on the South Burgundy Campus. It houses a delocalized branch of the UFR STAPS in Dijon. Students from departments 58 and 71 complete their first two years (L1 and L2) at Le Creusot, then continue their studies on the Dijon campus. The site celebrated its 30th anniversary in March 2022.

 **The Creusot Branch**

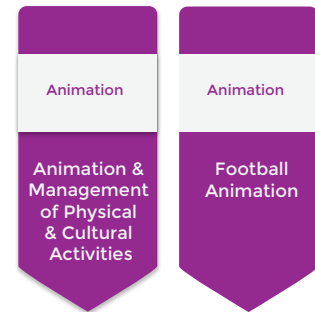
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INITIAL TRAINING (contract 2017/2024)

BAC +3 BACHELOR'S DEGREE



BAC +2 DEUST'S DEGREE



BAC +5 MASTER'S DEGREE



BAC +3 PROFESSIONAL'S DEGREE



BAC +8 PHD'S DEGREE

PARCOURSUP

Limited reception capacities are put in place due to the attractiveness of STAPS studies. Five criteria are taken into consideration for admission to L1 : school level ; scientific and literary skills ; sporting level and community and civic engagement.

INTERNATIONAL

In 2018, the STAPS license opened a branch in Greece in Athens. It has more than 300 Greek students each year.

UFR STAPS is a member of the FORTHEM Alliance. This initiative brings together different European universities with the aim of developing a European campus for research, education and innovation.





CAREERS

07. Cultural & Artistic Activities Path

- Public relations officer
- Cultural action development officer
- Head of cultural service
- Marketing officer
- Production manager

01. Education & Motricity Path

- Physical education teacher
- Primary school teacher
- University professor
- APS territorial educator (ETAPS)
- Sports instructor

06. Sport & Animation Path

- Sports and recreation center organizer
- Extracurricular or outside school officer
- Leisure-time physical activity teacher

02. Sports Training Path

- Sports coach
- Sports technical adviser
- Club manager
- Physical and mental Trainer

05. Tourism & Leisure Sports Path

- Sport & tourism development manager
- Structures director
- Product developer
- Event planner
- Communications officer

03. Sport Management Path

- Event planner
- Marketing manager
- Sports store manager
- Sports consultant
- Sports club director
- Associations administrative manager
- Sport equipment designer



04. Adapted Physical Activity & Health Path

- APA Teacher in educational, medical and welfare environment
- Specialized workers in vulnerable people associations
- Technical executive in disabled or adaptive sports facilities

The education provided in our program is unique in that it combines sports practice and multidisciplinary theoretical (anatomy, history, computer science, modern languages, physiology, psychology, sociology etc.). To offer our students an optimal integration into professional life, internships are essential. Since the mid-1980s, a major effort has been made to provide internships which match the realities of the labor market. Responding to social demands in physical activity and health-related areas, new jobs continue to emerge: in care for the ageing, in fighting obesity, in tourism and leisure sectors, communication etc.



LIFELONG LEARNING

UNIVERSITY DEGREE ADMINISTRATION, MANAGEMENT AND ASSOCIATION DEVELOPMENT

This diploma is accessible for people invested in the associative sector. Its aim is to allow candidates to take a step back from the operation, management and management of an association in order to optimize its daily life and thus perpetuate its associative project.

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UNIVERSITY DEGREE COACHING AND MENTAL PERFORMANCE

The objective of the training is to train mental trainers likely to work with different audiences, mainly in sports and business circles. Over the past 10 years, mental preparation has become a must in the planning of athlete training. Similarly, in companies, many executives are put "under pressure" by considerable workloads and obligations of results. A new approach to "coaching" specific to these two populations has become essential.

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UNIVERSITY DEGREE OPTIMIZATION OF COLLECTIVE HIGH PERFORMANCE Mental Preparation and Team Management

This diploma trains and specializes team performance actors in the specificities of collective functioning and performance and the high performance ecosystem. It also aims to adapt the training course to the profile of professionals by offering three specializations: performance project manager, mental trainer in team sports and sport scientist in sports psychology.

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UNIVERSITY DEGREE PERCEPTION, ACTION AND LEARNING DISABILITIES

The training focuses on the relationship between dyslexia, a learning disability and postural deficiency syndrome, which illustrates damage to proprioception. An innovative approach, based on recognized clinical experience in this field, has made it possible to set up treatment techniques based on the re-education of the proprioceptive system. These techniques will be taught as a basis for critical teaching around this complex and emerging theme. The training is intended to be multidisciplinary (Medicine, Biology, Psychology) and a place of meeting, feedback for the various actors in learning disabilities.

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UNIVERSITY DIPLOMA PHYSICAL PREPARATION

Accessible after a STAPS training license or upon validation of acquired knowledge and experience, this diploma allows you to acquire the theoretical and practical knowledge to be able to conduct physical preparation in a sports structure. The training allows you to answer most of your questions for the physical preparation of your athletes (all levels, all sports, etc.).

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TAX LEARNING

The UFR STAPS is one of the top schools regarding the students professionalization, a major challenge of today's universities. To maintain the quality of trainings, the UFR STAPS invests in equipments and learning materials. If you belong to a company authorized for paying the apprenticeship tax, join us to prepare the future of your new employees.

UB COMMON SERVICE OF LIFELONG LEARNING AND APPRENTICESHIP

The STAPS training offer is accessible through the lifelong training system : Work-study, VAE, Short Actions (Therapeutic tango, CAPEPS training...).

Contact : formation.continue-staps@u-bourgogne.fr



**We are
shaping the
diplomas of
the future**



RESEARCH



PHYSICAL PREPARATION AT THE SERVICE OF THE HIGH LEVEL

This structure is dedicated to high level athletes, physical assessment and conditioning. To respond better to the demands of high performance sports, we have developed a new physical conditioning concept based on the neuro-muscular development of the athlete. The work carried out by the athlete therefore has strength development as a priority followed later by endurance development.

In addition, as a research and technology transfer structure, the CEP conducts a wide range of experiments concerning the advancement of scientific knowledge related to sports training. This includes sport product trials for manufacturers. The CEP has hosted many clubs and top-level athletes such as Olympique de Marseille (league 1), the English Davis Cup team and Dijon JDA (Basket, Pro A).

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COGNITION, ACTION AND SENSORIMOTOR PLASTICITY (CAPS)

Understanding the plasticity of the corticospinal processes underlying motor functions and its rehabilitation is at the heart of our scientific endeavor. Our principal research axes include the study of (1) the impact of physical activity on cerebral plasticity (2) the neuronal networks and algorithms involved in mental imagery and motor execution (3) the influence of normal and pathological aging on sensorimotor processes.

The results of our investigations lead to the development of innovative technologies and therapeutics aiming to assess and recondition motor functions. We offer an expertise on motor control, development, learning and impairment to the national and international community.

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RELATIONAL DYNAMICS AND IDENTITY PROCESSES

Multidisciplinary, the research laboratory is focused on two axes :

Identities and strategies : In social scenes such as physical education, competitive sport, sports leisure activities or extreme circumstances, we try to identify the specific features of behavioural responses in order to try to reveal their psychological and psychosocial invariants.

Development and Communication : The studies focus on the social players (individuals, groups, organizations) in sports and leisure contexts. Emphasis is placed on the understanding of the behaviors and/or of the past or selective experiences under deductive and inductive, qualitative or quantitative approaches.

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TRAINING THROUGH RESEARCH

Scientific methodology and initiation to research are present in the course. To become a teacher-researcher at the university, it is necessary to continue in PhD after the Master.

MULTIDISCIPLINARY

Other work is carried out by teacher-researchers from the UFR within CREGO, IREDU, LEDI, LIR3S, etc.

ETIENNE-JULES MAREY INSTITUTE

Located 500m from the UFR STAPS, this 700 m² building allows the CAPS team to carry out development and research work.

 **Research supports our trainings**



PARTNERS

SUAPS

The university service of physical and sporting activities offers to all students and staff, a free access to 50 activities. SUAPS also handles the management of the sports facilities.

PEPS

We offer a special scheme for high level sports students. This allows them to pursue their university studies while being engaged in a time consuming sporting project. These students benefit from individual support and training after an official selection process.



CRSU & ASUB

The Dijon-Bourgogne University Sports Regional Board and the University Sports Regional French Federation organise and promote amateur sports competition for Burgundy students. FFSU licence-holders, within ASUB (uB sport association) can access more than 40 competitive sports.

DUC

Founded in 1920 and certified by the department of Jeunesse et Sport in 1949, the Dijon University Club offers 6 sections : Athletics, Baseball, French Boxing, Football, Shinkido and Tennis. One of its missions is to integrate the University to the City and the City to the University thanks to sport.

The geographical unity between the different sport stakeholders is an important element. The municipalities of Dijon and Le Creusot-Monceau are our natural partners. The school of sports sciences develops close ties with numerous partners to help welcoming students for their internships. We thank the different sports federations, leagues, associations, companies, schools, institutes, institutions and the CROS, etc. for their commitment with us.

We also train for ETAPS and CTAPS competitions with the CNFPT. In liaison with the National Higher Institute of Teaching and Education of Burgundy, we provide preparation for the external CAPEPS (Master MEEF).



**A desire
to open up**



EVENTS



SCIENTIFIC EVENTS

In connection with research laboratories and trainings, UFR STAPS organizes numerous symposiums and conferences. The 17th International Congress of the Association of Researchers in APS was held in Dijon at the end of 2017.



TUTORED PROJECTS

In each course, students organize events on specific themes related to their teaching : tthe Raid de l'uB, the Gooormandij', the Village Goût Nutrition Santé, Ehpdad'athlon, Webinars ...



The ZACROB'ARTISTES

This troop, born in 2008, on the initiative of the teachers of the UFR STAPS, is made up of about forty students. It offers poetic and varied universes around dance, acrobatics and circus arts.



50 YEARS OF SPORT ENGAGEMENT

From 5th to 11th September 2016, the Dijon- Le Creusot Faculty of Sports Sciences will celebrate its 50th anniversary.

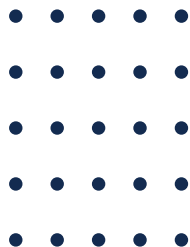
This event will provide an opportunity to gather alumni and share a festive moment.



20 OF HONOR

STAPS Le Creusot celebrated its 20th anniversary on May 19, 2018 and brought together 420 people to celebrate this anniversary.

« **Train and gather around sports**



CONTACT



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