

Academic year 2024/2025

Courses offered by the programme

Génie Mécanique et Automatique (GMA) Mechanical and Control Systems Engineering

Semester(s):

Curricula are organized in groups of courses (Unités d'Enseignement (UE)), consisting of several courses (Eléments Constitutifs (EC)). An EC is a teaching module including lectures (cours magistraux (CM)), tutorials (travaux dirigés (TD)), laboratory work (travaux pratiques (TP)), projects (PR), conferences (CONF), personal work (TA) and possibly other pedagocial activities (DIV). Some internships (stages (ST)) are compulsory

Commonly used abbreviations

CM : Lectures TD : Tutorials

TP: Laboratory Work CONF: Conferences TA: Personal Work PR: Project

ST : Internship DIV : Miscellaneous

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INSA RENNES - Génie Mécanique et Automatique (GMA) : 2024/2025

Sport and physical education	HUM07-EPS
Number of hours : 24.00 h	1.00 ECTS credit
TD : 24.00 h	
Reference Teacher(s): LE LAGADEC Pierre	

Objectives:

Team work, discovery of one's capabilities, communication, invention and management responsibilities.

Content:

Choice of two activities from a menu. Adapting to destabilising situations and taking responsibility when risk is involved.

Speaking to groups. Leading group stretching exercises. Indoors: Rock climbing or badminton in teams. Outdoors: C.O or

Kayak or golf

Bibliography:

Several specialized books are available to the students at the library. Links to internet sites are given on the EPS website.

Requirements:

Organisation:

Evaluation:

Evaluation is based upon student participation, progress and acquisition. The student is asked to criticise his own progress with respect to the objectives of the course. The ability to be self-critical leads to self-discovery. Sharing this knowledge with a group reinforces one's confidence.

Target:

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