

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session – 2<sup>ème</sup> Semestre

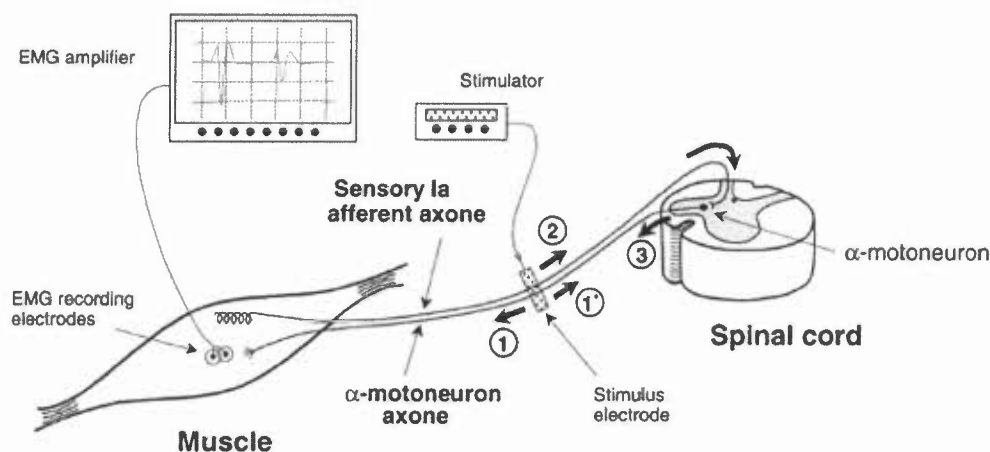
Année d'études : Master 1 EPI  
Enseignant responsable : Marc Jubeau

Durée de l'épreuve : 1h30  
Documents autorisés : aucun

UEC T84EP-- : Spécialisation - Analyse des situations sportives : approches scientifiques et professionnelles  
EC T84EP4- : Adaptations de la fonction neuromusculaire à l'exercice

**Sujet :**

- 1 – Quelles sont les conséquences physiologiques du recrutement spécifique des unités motrices lors de contractions électro-induites ? Vous argumenterez votre réflexion en vous appuyant sur des données scientifiques.
- 2 – Présentez les intérêts pour un préparateur physique d'utiliser l'électrostimulation avec ses athlètes. Vous argumenterez votre réflexion en vous appuyant sur des données scientifiques.
- 3 – Décrivez et expliquez cette figure et la méthodologie à laquelle elle fait référence. Vous pourrez vous aider de figures pour illustrer vos propos.



Aagaard et al. 2002

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session – 2<sup>ème</sup> Semestre

Année d'études : M1 EPI  
Enseignant responsable : Jacques SAURY

Durée de l'épreuve : 1h30  
Documents autorisés : NON

UEC T84EP-- : Spécialisation - Analyse des situations sportives : approches  
scientifiques et professionnelles  
EC T84EP3- : Connaissances et pratiques des entraîneurs experts

**Sujet :**

Commentez l'extrait d'interview suivant issu de l'ouvrage d'Hubert Ripoll, en mettant en évidence – sur la base des éléments du cours et de l'ensemble des interventions des entraîneurs – la nature des compétences requises par le mode de fonctionnement dont témoigne Denis Auguin dans cette interview.

*« Les orientations sont fixées par cycles de travail qui sont communiqués et expliqués aux nageurs sous la forme d'une planification. Ceci leur permet de savoir où ils vont et à quel moment. Certains pourraient s'en passer, d'autres en ont besoin. Ces cycles peuvent durer entre trois et cinq semaines. Au cours de la semaine, j'ai des orientations en fonction des séances. Cette méthodologie de projet organise ma pensée, et pourtant je m'autorise à modifier mes hypothèses de travail. Je me réserve toujours une très grande liberté et la possibilité de tout chambouler dans ce planning s'il le faut. » Denis Auguin, coach de Alain Bernard, champion olympique du 100 m nage libre, in H. Ripoll, Le mental des coachs (2012).*

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session, 2<sup>ème</sup> semestre

Année d'études : **Master 1 EPI**  
Enseignant responsable : **François DAUSSE**

Durée de l'épreuve : **1H30**  
Documents autorisés : **aucun**

**UE T84EP-- : Analyse des situations sportives : approches scientifiques et professionnelles**

**EC T84EP1- : Analyse de la performance et méthodologie de l'entraînement**

Sujet : réadaptation après blessure

Lors d'un 100 mètres, un sprinter se fait une lésion myo-aponévrotique de stade II B du semi membraneux droit. Après 3 semaines de soins, cet athlète vous est confié avec l'autorisation de reprise de course, vous l'accompagnerez jusqu'au retour à la compétition.

Après avoir décrit succinctement la phase de rééducation, vous développerez et justifierez la phase de réadaptation.

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session, 2<sup>ème</sup> semestre

Année d'études : **Master 1 EPI - DA**  
Enseignant responsable : **S. Engrand**

Durée de l'épreuve : **2 heures**  
Documents autorisés : **aucun**

**T84EP-- : Analyse des situations sportives : approches scientifiques et  
professionnelles**  
**T84EP10 : Développement d'activités de services**

**Sujet :**

Vous voulez monter une activité de coaching sportif à domicile pour les particuliers avec 2 associés à Nantes et localités périphériques.

1°) Vous formulerez le concept en utilisant le principe des 3qoccp (1 point sur 20)

b) vous pratiquerez une analyse Pestel (2 points sur 20)

c) vous imaginerez des variantes possibles en terme d'élargissement de la cible définie ci-dessus et les formulerez sous forme de 3qoccp (3 points sur 20)

2°) Vous établirez le mix marketing en fonction de votre connaissance du marché.  
(3 points sur 20)

3°) Vous étudierez les différents statuts possibles. (3 points sur 20)

4°) Vous ferez une liste des moyens nécessaires :

- moyens matériels
- moyens humains
- moyens financiers.

(3 points sur 20)

(5 points sont réservés à la présentation du document et la qualité rédactionnelle)

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session – 2<sup>ème</sup> Semestre

Année d'études : Master 1 EPI  
Enseignant responsable : Nicolas Hauw

Durée de l'épreuve : 1h30  
Documents autorisés : aucun

**UEC T84EP-- : Analyse des situations sportives : approches scientifiques et professionnelles**  
**EC T84EP5- : Dynamique de l'activité et des processus**

**Sujet :**

Montrez pourquoi la cohésion de groupe est un « *un processus dynamique reflété par la tendance du groupe à rester lié et à rester uni dans la poursuite de ses objectifs instrumentaux et/ou pour la satisfaction des besoins affectifs des membres* » (Carron, Brawley & Widmeyer, 1998, p.213). Vous appuierez votre réflexion sur des exemples concrets tirés du contexte sportif de compétition.

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session – 2<sup>ème</sup> Semestre

Année d'études : **M1 EPI**  
Enseignant responsable : Gaël Le Draoulec, Pierre Bazin

Durée de l'épreuve : 1h30  
Documents autorisés : non

**UEF T84EP-- : Analyse des situations sportives : approches théoriques**  
**EC T84EP8- : Ergonomie et analyse de la performance**

**Sujet**

- 1) Le gainage : définition puis exposer les différentes phases d'évolution, donner des exemples d'artifices ou d'outils permettant de travailler cette qualité.
- 2) L'épaule du volleyeur(se) est souvent douloureuse. Pouvez-vous expliquer brièvement, d'un point de vue anatomique, ce qui provoque les douleurs chroniques. Quels exercices peuvent permettre de lutter contre ce phénomène?
- 3) Définissez en quelques lignes la notion de « qualités proprioceptives ». Expliquez pourquoi et comment le développement des qualités proprioceptives est essentiel dans la prise en charge de la préparation physique d'un sportif de haut niveau.

**Université de Nantes**  
**UFR STAPS**

Année universitaire 2012/2013

1<sup>ère</sup> session, 2e semestre

Année d'études : M1 EPI  
Enseignant responsable : Sarah ROSENFELD

Durée de l'épreuve : 1h30  
Documents autorisés : aucun

**UE T83EPC- : Analyse des situations sportives : approches méthodologiques**  
**EC T83EPC2 : Anglais**

**Sujet :**

**WRITE A SHORT ESSAY (150-200 words) ON THE SUBJECT:**

***Gender Equality***

FIRST, READ THE 2 ARTICLES TO FAMILIARIZE YOURSELF WITH THE SUBJECT:

- ***Is sport sexist?*** (The Guardian (British national daily newspaper), July 27, 2012)

See *Annexe 1*

- ***Olympic gender equity still far off for many*** (The Globe and Mail (Canadian national daily newspaper), August 6, 2012)      See *Annexe 2*

BE SURE TO INCLUDE:

- A brief introduction to introduce the question you are asking (*problématique*)
- 2 or 3 paragraphs to develop your arguments
- A brief conclusion to conclude your essay and give your opinion

NOTE:

- Check spelling and grammar when you are finished.
- Write the essay in YOUR OWN WORDS. Any form of plagiarism (*plagiat*) will be penalized.

# Is sport sexist?

The Olympics should inspire a new generation of sports stars, but will this include girls? Women's magazine editor Lisa Smosarski tackles TalkSport's Moz Dee

Can the Olympics raise the profile of women in sport? Emine Saner meets TalkSport's Moz Dee and Lisa Smosarski, editor of Stylist magazine and a campaigner for women's sports.

---

**Lisa Smosarski:** We discovered just 5% of coverage goes to purely female sports, and 0.5% of sponsorship. The Fair Game campaign is to increase coverage, working with the BBC and Channel 4 particularly; also looking at funding. There has to be a change in mentality.

**Moz Dee:** The Olympics is a fantastic opportunity. It is one of the few areas where women have parity. Tessa Sanderson, Sally Gunnell and Denise Lewis are legends. You mentioned sponsorship, and that's key. You can't commercialise female sport in the same way, as a broadcaster – the audiences aren't there.

**LS:** If we carry on as we are, we'll never get there – there's no money behind it. But we have the BBC, which isn't supposed to be making money out of sport, and isn't doing enough.

**MD:** Everything we do at TalkSport is supported by advertising and I guarantee that if I went into the marketplace with a female football tournament, we would struggle to get it sponsored. The BBC is funded by licence payers, and should help grow the audiences.

**Emine Saner:** You were at Radio 5 Live. How much women's sport did you cover?

**MD:** Not enough. As part of the FA deal the women's final was covered. But it would be unfair to suggest that if we just stick women's football on the telly, all of a sudden the audience would be there. It needs to evolve.

**LS:** Do you think there might come a time when you say, "We're going to make an editorial decision, we're going to pick a women's league we wouldn't traditionally cover", because there's a problem?

**MD:** We are a business, there's no getting away from that. We can have the debate editorially, and we have done, particularly around women's football, but it is different from men's football. Often people think you influence your



audience, but it is a two-way street. Your audience dictate where you go, too. While it's the job of media to question, I'm not sure it's our job to change what's happening in society.

**LS:** We interviewed the women's football team this year and they said they didn't want to be compared to the men. It's about recognition of their sport.

**MD:** If you cover women's football, it needs to be done credibly. I've seen some awful scenarios where it's been smirked at.

**ES:** How do you square that with hiring Andy Gray and Richard Keys as presenters?

**MD:** They will admit what happened [they were caught on air making sexist remarks about lineswoman Sian Massey, and sacked by Sky as a result] wasn't right and they were vilified. It seems like a long time ago now, and I wonder when you stop punishing people. They do what they do best, which is talk about sport. They work with women – a lot of our producers are women.

**ES:** How many female presenters do you have?

**MD:** We have Georgie Bingham. She is hugely knowledgeable and hosts Sunday Exclusive, one of our most important shows. It's not us deliberately going out of our way not to employ female presenters, it's about them being available and we're trying to develop more.

**LS:** We've been working with the Women's Sport and Fitness Foundation and it has found that 61% of sports fans wanted to see more women's sports televised. Are there sports women excel at that have universal appeal?

**MD:** Our listenership is interested in Team GB, whoever is in that kit. If you take the women's football this week, nearly all the papers had them on the front page. Wimbledon is interesting because everyone wants to see the women's final, but I think women haven't done themselves any favours in that area, with the Sharapova concept – once they reach a certain point, they either concentrate on winning tournaments or turn into models. The richest rewards are had by people who make millions in advertising deals.

**LS:** You could argue there are lots of men who you see more of off the field than on. It's an easy attack on a pretty girl, and that's the thing – women are treated differently. In one of the papers this week there was a piece on Bradley Wiggins and the headline was "Wiggins beaten by a girl" with a picture of him about 12 being overtaken by a girl. It's that language – "throw like a girl, run like a girl" – used in a derogatory way. Then there are the "look at the babes" pictures. I have seen more pictures than I care to of the beach volleyball teams. You wouldn't get the same coverage of men. And the non-traditional feminine characteristics, like aggression and competitiveness, which are important on the sports field, are encouraged out

of women early on. At my secondary school the girls' rugby was stopped after a term because it was "too aggressive".

**MD:** At what point does a girl get educated out of a competitive mindset? The idea of a woman being that aggressive, the "come on!" element we expect and demand from male sportsmen – society is clear on what those gender roles should be.

**ES:** What did the all-male shortlist for the Sports Personality of the Year award tell us about the way women are regarded by much of the sports media?

**LS:** It's wrong that Nuts and Zoo were asked, but no equivalent female press. It wasn't representative, and that was a grave error.

**LS:** If you can encourage women as fans and participants to be more engaged ...

**MD:** I'm with you on that. It starts with participation. Why do you become a fan? Because you have that emotional engagement, because you've experienced it. Why is football the biggest sport? It's jumpers-for-goalposts, a £2 ball and you're playing in the street. We need to encourage participation generally, particularly in female sport. Our schools are crap when it comes to providing facilities and training. If you're a woman trying to compete in sport, you're surrounded by the cultural pressures, but if you want to be part of a club, where do you go? Tessa Sanderson tries to encourage young people to get involved in sport, but struggles to find funding.

**LS:** You look at teenage girls and it's shocking that by age 14 only 12% are doing the amount of exercise they should, because it's not seen as cool or feminine. It's a bit chicken-and-egg: if you can't get the role models, how do you get your next generation of stars to come through? One of the ideas behind getting the Olympics was to inspire a new generation – and you want to make sure that includes girls and women.

LONDON 2012

Olympic gender equity still far off for many

BEVERLEY SMITH

The Globe and Mail

Published Monday, Aug. 06 2012, 8:16 AM EDT

Last updated Tuesday, Aug. 07 2012, 12:30 AM EDT



Canadian paddler Laurence Vincent-Lapointe watched on television, thousands of miles away, when IOC president Jacques Rogge announced at the opening ceremonies that every country at the Olympic Games was, for the first time, sending a woman to compete.

“This is a major boost for gender equity,” he said, to great applause.

But not for Vincent-Lapointe, a three-time world champion paddler. The IOC allowed women’s kayak onto its schedule this year, but no races for canoe. The world/canoe championships did not offer races for female canoeists until 2010.

“The definition of equality being used is extremely superficial,” said Kathleen Lahey, a law professor at Queen’s University in Kingston, Ont. who spearheads an ongoing review project of gender equity among interested law students.

The major problem that women face in sport is not the hijabs, beach volleyball bikinis, and suggestion of skirts for women’s boxing and badminton, although all of them are disturbing issues, she said.

“I would look beyond the clothing issue,” Lahey said, who believes that if sport organizations fixed the financial support issue to women, that women’s sport would advance more quickly.

Women still have difficulty getting access to Olympic sport and even to sport at the grassroots level, she said. Although Canada’s Olympic team is 55.96 per cent female - the highest percentage in Olympic history - and the United States is fielding more women than men for the first time, financial support doesn’t trickle down to female athletes from their sporting associations as readily as it does for the men, even down to the local levels, Lahey said.

This year, she said, in a review of Sport Canada financing to sport, 60 per cent of national sports organizations provided more funding to men, and only two provided equal funding. Because the paper is coming before a peer review and is soon to be published, she did not specify detailed figures that track spending.

“It’s a combination of discriminatory attitudes within states themselves, within international sport federations, within the IOC executive board and within the executive office, at the very top,” she added.

The 135-member International Olympic Committee has only 15 female members. And only one woman in 15 sits on the executive board.

In Canada, Lahey’s research shows that 43 per cent of the financing envelope goes to women, Lahey said. In whitewater canoe, female athletes received only 10.7 per

cent of the financing, only 19.7 per cent in sailing, and 39.3 per cent in tennis. Her research statistics are based on Athlete Assistance Program figures on the Heritage Canada website.

However, large portions of Sport Canada and Own the Podium financing goes to sports and to athletes with medal and top-performance potentials. In the case of the Canadian Yachting Association, it is sending nine males and two females to the Olympic Games in London, out of 16 possible boats. But the classes in which Canadians failed to qualify were all female ones.

Paddy Boyd, executive director of the association, said funding is meted out in proportion to the male-female split on the Olympic team, hence Lahey's figure of 19.3 per cent.

At the Olympic Games, there are eight sailing categories each for men and women.

Historically, sailing was a sport that allowed women and men to compete in the same class, in the same boat. For example, Canada fielded women as part of the three-crew Soling boat during the 1990s. However, by 2000, the IOC, in an attempt to equalize the gender balance in sport, ordained that men and women compete in different classes, Boyd said. One of the remaining sports not required to do so is equestrian sport.

"A lot of us have grown up sailing in a non-gender specific sport," Boyd said. "And the gender split doesn't necessarily suit us....Every sport struggles with how to keep young women involved in the sport."

While the IOC is making an effort to include women in sport, it operates "in slow motion," said Karin Lofstrom, executive director of the Canadian Association for the Advancement of Women and Sport. "If they really wanted to, they could move things faster. "

The IOC set a target in 1996 for females to hold 20 per cent of the positions in ruling bodies, but currently only about 10 per cent of these positions are held by women.

And although women's boxing makes its debut at the London Games, women will compete in only three weight classes, compared to 10 for men. There are only 36 female boxers among the 286 boxers that will compete at the Games.

While the numbers of female boxers has soared since the IOC announced an Olympic boxing event for women in August of 2009, female boxers make up only 10 per cent of the world's amateur boxers at this point. While the most recent men's world championships featured 685 competitors from 127 countries, the women's counterpart event offered up 305 boxers from 70 countries, with most of them coming from Asia and Europe and very few from Africa and Oceania.

Robert Crete, executive director of Boxing Canada, said sport associations requested five weight categories for women but were awarded three by the IOC, because of its desire to cap the number of competitors at the Summer Games to about 10,000 athletes. If one event is added, another has to be sacrificed. The IOC pared down the numbers of male competitors to add the female events.

Crete says Boxing Canada doesn't receive much financing for non-Olympic weight divisions although internationally, women compete in all 10 classes. "It's still a fairly new sport," he said. "It's a catch-22 situation there."

Cuba, a powerhouse in amateur boxing, is fielding no female boxers at all to the London Games.

"It's complete discrimination to not allow women to participate in some sports," said Lahey. Although women compete exclusively in synchronized swimming and rhythmic gymnastics, females still take part in 30 fewer events than men. In London, 132 gold medals are available for women, compared to 162 for males.

Currently, women make up about 45 per cent of the 10,500 athletes at the Games, up from 25 per cent at the Barcelona Games in 1992.

"You can pick the level you want to focus on and you'll see different things," Lahey said. For instance, British cyclist Lizzie Armitstead dismounted her bicycle after winning a silver medal in the road race, and immediately spoke about the "overwhelming and frustrating" sexism that persists in salary, media coverage and just "general things you have to cope with in your career."

The background structural factors are keeping "this very slowly changing process almost immobile," Lahey said. "And until women get access to a particular sport, they cannot get access to the funding that national governments divert into sport at the local, regional and national level."

"Without that money for facilities, equipment, training time, coaching, women are at an incredible disadvantage and will always remain so."

Witness the seating arrangements for Japanese soccer teams heading to London: men flew first class, while its women's team – the World Cup champions – travelled in economy. The rationale was that the men's team was made up of professional players.

And it wasn't a solitary incident. The Australian men's basketball team – which has never won an Olympic medal – flew first class to London, while the women's team – silver medalists in the past three Olympics – flew in the cheap seats.

As for Vincent-Lapointe, she says she would have liked to have competed in London, but "I will wait for my turn and support the athletes [who are there]."

"I am proud of the progress that women have accomplished in [canoe]," she said. "We were thought of as almost beginners in certain cases because we were girls, but now the paddling world sees us from a different angle and we even get to participate in international races."

Just not at the Olympics, yet.