

SPORTS

Many different choices at various times during the week/weekend

Course code: SPO S1 or SPO S2, 2 ECTS

You can get credit for only 1 class per semester (2 ECTS)

Registration is via the SUAPS website/ 2 choices possible/ algorithm-attribution

Think carefully before you register! When you register, you are committing yourself to attend the class until the end of the semester. Also, you take a place that another student might have wanted, and Sciences Po Grenoble-UGA has to pay quite a lot for! You may only drop the class on the advice of a doctor and must provide a medical certificate.

To obtain credit you need to register on the UGA sports website and on the Sciences Po registration app "Moncursus", which both open in the first weeks of Sept/January, **not before**. If the course requires payment, you will pay AFTER your place is confirmed by the application

NB

There are 2 categories of sports class:

- Graded (for credit - *noté* - FQ)
- Leisure (not for credit - *non-noté* - FP).

If you choose a leisure sport (FP) in addition, you only register on the UGA SUAPS website (not our own MONCURSUS app), as you will not get a grade.

You can only register for 1 graded sport (FQ) per semester // But you can register for an unlimited number of ungraded (FP) sports.

NB2: Some team sports require you to participate in matches and be an occasional referee to pass the course – read the requirements carefully.



There are 3 categories of sport available:

1. SPORTS ORGANISED BY SCIENCES PO GRENOBLE-UGA

1a Sciences Po Grenoble-UGA multi-sports class 'plein air'

Fall semester – mountain biking/climbing, canyoning etc (you need to be able to swim and ride a bicycle). *Check that you understand what it means to do these sports in a mountain environment*

Spring semester – Nordic skiing, snowboarding etc but not skiing (you can be a complete beginner for this module).

-Tuesday OR Friday from 7.30 am to 12.45 pm (back just in time for afternoon class)

-Limited number of places, attributed by an algorithm, 25 places on Friday (always less full, so more chance of getting a place...), 25 places on Tuesday, register on Sciences Po Grenoble

– app and here: [To register for Multisports Plein air](#)

-About 60 euros semester 1 and 90 for semester 2 (includes transport, instruction, equipment).

-If your registration is accepted, you will pay on the UGA SUAPS app.

-If you register, you **must attend all the sports, every session.**

Organiser: nicolas.dramissiotis@iepg.fr

PS: Spring semester- to boost your chances of skiing with the university groups and getting credit for it, you can apply for Multisports PLUS another FQ or FP. There is also the option of joining the [U-glisse](#) organisation (not for credit).

PS2: Soccer (men's and women's) is another graded option organised by Sciences Po for our students on Wednesday evenings

NB To find the Sciences Po organised activities, on the SUAPS app, when you have entered your logins, click [here](#)

2. SPORTS ORGANISED BY UGA, DOUBLE REGISTRATION

All other sports are organized by our partner university UGA and take place once a week.

- **“Formation qualifiante” FQ [course offer](#)** – for credit and free – 2 ECTS
- **“Formation personnelle” FP [course offer](#)** – for leisure, some are free, some not – no ECTS

The language of instruction is French, and if your level of French is low, don't hesitate to let the instructor know, and they will do their best to cater to your needs.

There are 4 registration steps:

1. At the start of the semester (first weeks of September/January), using your student logins, you can register **TWO choices** by clicking on the word « S'INSCRIRE » on the sports page of your choice. Choose your student status « IEP ». The registration period lasts 6 days, there is no rush – it is not a first come first come system but do not miss the deadline indicated on the calendar!
An algorithm attributes you one place at the end of the registration week, according to space available.
2. After the deadline, consult your account on the Suaps website, to see if you have a place. If you did not get one of your 2 choices or if you did not register before the deadline, attend the Forum des Sports at the Swimming Pool building the day after

registration closes. Suaps updates a list of leftover places each day on their website. You MUST attend the first class otherwise your place could be given to another student...

3. You can even try to join a sports class by attending the first class (wearing appropriate sports clothes) and asking the instructor if there are any places left.

So, to sum up, you may, if it fits with your schedule and depending on the number of places available, do a maximum of 2 sports activities per semester but can only obtain 2 ECTS for one of these sports.

If you obtain too many sports spots, immediately release the extra place by sending an email to the instructor!

3. Sciences Po Grenoble-UGA sports team, no need to register on registration app

This is a great way to integrate and speak French! But if you don't speak French, our French students speak English.

Attend the Forum des associations in week 2 to join clubs and societies!

Organisers: Association Sportive Sciences Po Grenoble – UGA sports association

SPORTS GRADING POLICY

A hard-working and active student (clearly trying to progress, positive attitude in the group), will not get a grade under 10/20, whatever their sports level.

Any absence must therefore be justified to the teacher responsible for the chosen activity (medical certificate...).

The student's progress and skill level in the activity will be taken into account to allow the student to obtain a maximum score of 15/20.

Then the 15/20 – 17/20 range is reserved for students who attain the highest university level (eg the French Grandes Ecoles Championship) or for high level athletes at an inter-regional level.

The 17/20 – 20/20 range is reserved for elite athletes, both national and international.

Student involvement in the Sciences Po Grenoble sports associative activities (responsibilities in the Sports association, captaincy of a team) will get an extra 1.5 points maximum (added to their sports grade).