



## Continuing professional development training

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INSEP, a scientific, cultural and professional public institution (EPSCP), awards postgraduate professional qualifications: Executive Master's (EM) programmes and specific certificates (CCS). These qualifications aim to develop professionals' skills in their day-to-day missions.

The key goals are to:

- prepare sports managers for high-level careers in elite sport
- support them to start working, change missions and take on different responsibilities
- contribute to the renewal of high-level sports managers

The continuing professional development programme is aimed primarily at high-level sports professionals, from the public and private sectors, as well as managers working in other business sectors and interested in issues relating to the elite sports performance environment.

This training programme can lead to official qualifications, including 3 Executive Masters based on a format of 30 to 40 days, as well as specific certificates with a more streamlined format (12 to 18 days). To adapt to professionals' time constraints, 3-day modules covering specific subjects are organised.

Professional development days are also organised on specific subjects (day of coaching-support, session focused on individual performance, research leader day, heart rate variability, return-to-sport programmes, etc.), as well as a series of "Sport Culture" conferences covering key subjects relating to optimum sports performance with leading players from the high-performance sector.

▼ **COACHING**

▼ **MANAGEMENT**

▼ **TRAINING**