Higher education

INSEP has developed a pragmatic, individualised approach to offer adapted higher education programmes on site or in training centres, schools or universities. The range of "adapted" training programmes for elite athletes is constantly being diversified, with around 30 programmes currently available, closely aligned with their expectations and capabilities.

ON-SITE

INSEP is committed to continuing to offer on-site training: everything is available at one dedicated location, which is still an attractive feature for candidates. The Sports Science (STAPS) programmes are provided on site at INSEP under an agreement with UPEC Créteil. Created in 1987, the SportCom programme is offered in partnership with the CFJ school of journalism. Its content and approach are particularly well suited to the needs of the job market and provide the flexibility required to continue training as an elite athlete. INSEP also offers on-site foreign language courses (English, German, Italian, Russian and Spanish), which are very popular with athletes because they are directly applicable for the career expectations of elite athletes. Classes are provided on site and/or as distance learning depending on athletes' availability.

OFF-SITE

INSEP has developed partnership agreements with a number of institutions (universities, nursing college, physiotherapy school, engineering school, university institute of technology, etc.) throughout France to effectively meet athletes' aspirations. Each year, its elite athletes join a wide range of programmes with universities, business schools or vocational colleges thanks in particular to the partnerships set up with Sciences Po, IUT de Créteil, Paris 1, Paris 6, Paris 9 Dauphine, EDHEC, Grenoble Ecole de Management, the ENKRE school of physiotherapy and rehabilitation and Jean-Baptiste Pussin nursing college. Timetables are adapted and courses can be tailored to individuals and spread over several years in line with the profiles and constraints of each athlete. Each year, new courses are added to the range of training offered by INSEP. Today, elite athletes can ask INSEP about any type of training and an adapted response will be looked into and offered.