Instructional design

INSEP is always looking to innovate with its teaching methods in order to effectively meet the learning and support needs of high-performance players.

This approach is built around three key areas:

- Instructional design
- Capitalising on experience
- Circulation of scientific and technical information.

INSEP works with its partner professional networks to build collaborative R&D projects in these fields. These projects combine artificial and human intelligence and aim to promote the transfer of methodologies and technologies within a vibrant open science framework. This is reflected in the development of innovative digital tools, "on-site" training actions, capitalising on and distributing experience-based know-how, the observation of emerging practices, the transformation of processing operations, scientific and technical information, etc.

The Master's in High-Level Performance and Sport Expertise contributes to the training of technical leaders who will take on major responsibilities, today or tomorrow, for managing elite sports. This sports science master's (STAPS) programme, specialised in Performance Optimisation, was set up for the start of the 2012-2013 academic year to meet the challenges faced today and develop the sports, administrative, scientific and professional culture around elite performance stakeholders, from developing practices to instructional design.

Since 2004, INSEP has been committed to opening up access to training programmes for elite athletes and senior sports managers any time of the day, week or year, and anywhere in the world. It has been working towards this challenge with the help of dedicated partners. INSEP's athletes and sports support staff face various time management constraints with their educational activities. Their high-level sports development restricts their educational training times or moves them to unusual timeslots. INSEP wanted to make the educational programmes accessible for students through face-to-face classes or distance learning, at any time of the day, week or year. The open distance learning programme set up with the Internet and Intranet makes it possible to access the distance learning platform and its rich range of multimedia educational content, innovating to improve the day-to-day life of elite athletes. It is also very user-friendly and helps ensure success for sports management staff, whose day-to-day schedules are very busy.

Complementing traditional training solutions, it further strengthens their scope and increases their chances for success. The open distance learning programme enables students to access the know-how built up through the history of French sport, further enhanced with dedicated support from business and cultural stakeholders from the world of sport. A range of technological data can be integrated into the platform and learner progress can be tracked thanks to compliance with data processing standards.