

## Sport at the UPJV

### You are a student

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The University Department for Physical and Sports Activities (SUAPS) offers free access to all UPJV students on the various campuses:

A value-added sport participation (acquisition of a 0.1 point bonus on your average marks)  
Participation in sport for leisure to learn to control your body and look after your health  
Training and coaching for competitions, with the help of the JV Sport Association and the Regional University Sports Committee (CRSU).

Registration for SUAPS activities is done on the UPJV website via the Digital Workspace (ENT) at the beginning of each semester.

Athletics, choreographic workshops, badminton, basketball, French boxing, circuit training, dance, climbing, football, futsal, gymnastics, handball, judo, weight training, swimming, rugby, self-defence, step tennis, table tennis, volleyball, cross training and pilates...

### You are a researcher

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The University Physical and Sports Activities Service (SUAPS) of the UPJV offers staff a number of free sports activities during the lunch break (between 12 noon and 2pm).

Weight training, Nordic walking, body sculpt, circuit training, relaxation, yoga...

Dynamism and good humour guaranteed!

Registration for courses is done at the beginning of the semester via the Digital Workspace (ENT) or by e-mail.

#### **Do you want to take part in a sport outside the UPJV?**

The Staff Welfare Department helps finance your activity with sports coupons. Think about it!

**For more information, please contact:** [2sp@u-picardie.fr](mailto:2sp@u-picardie.fr)

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