



**BPJEPS Spécialité "EDUCATEUR SPORTIF"
Mention "ACTIVITES DE LA FORME"
Option : Haltérophilie Musculation
Formation en Apprentissage - Session 2021/2022**

sous réserve d'habilitation DRISCS Rhône Alpes Auvergne
Habilitation DRISCS Rhône Alpes Auvergne N°

Août 2021					Septembre 2021					Octobre 2021					Novembre 2021					Décembre 2021					Janvier 2022										
matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP						
1	D					1	M					1	V					1	M					1	S										
2	L					2	J					2	S					2	J					2	D										
3	M					3	V					3	D					3	V					3	L	STRUCTURE PRO	STRUCTURE PRO		7						
4	M					4	S					4	L	STRUCTURE PRO	STRUCTURE PRO		7	4	S					4	M	STRUCTURE PRO	STRUCTURE PRO		7						
5	J					5	D					5	M	STRUCTURE PRO	STRUCTURE PRO		7	5	V					5	M	STRUCTURE PRO	STRUCTURE PRO		7						
6	V					6	L	OF	OF	7	7	6	M	OF	OF	7	7	6	S					6	L	STRUCTURE PRO	STRUCTURE PRO		7						
7	S					7	M	OF	OF	7	7	7	J	OF	OF	7	7	7	D					7	M	STRUCTURE PRO	STRUCTURE PRO		7						
8	D					8	M	OF	OF	7	7	8	V	OF	OF	7	7	8	L	STRUCTURE PRO	STRUCTURE PRO		7	8	M	OF	OF	7	7						
9	L					9	J	OF	OF	7	7	9	S					9	M	STRUCTURE PRO	STRUCTURE PRO		7	9	J	OF	OF	7	7						
10	M					10	V	OF	OF	7	7	10	D					10	M	OF	OF	7	7	10	V	OF	OF	7	7						
11	M					11	S					11	L	STRUCTURE PRO	STRUCTURE PRO		7	11	J					11	S										
12	J					12	D					12	M	STRUCTURE PRO	STRUCTURE PRO		7	12	V	STRUCTURE PRO	STRUCTURE PRO		7	12	D										
13	V					13	L	OF	OF	7	7	13	M	OF	OF	7	7	13	S					13	L	STRUCTURE PRO	STRUCTURE PRO		7						
14	S					14	M	OF	OF	7	7	14	J	OF	OF	7	7	14	D					14	M	STRUCTURE PRO	STRUCTURE PRO		7						
15	D					15	M	OF	OF	7	7	15	V	OF	OF	7	7	15	L	STRUCTURE PRO	STRUCTURE PRO		7	15	M	OF	OF	7	7						
16	L					16	J	OF	OF	7	7	16	S					16	M	STRUCTURE PRO	STRUCTURE PRO		7	16	J	OF	OF	7	7						
17	M					17	V	OF	OF	7	7	17	D					17	M	OF	OF	7	7	17	V	OF	OF	7	7						
18	M					18	S					18	L	STRUCTURE PRO	STRUCTURE PRO		7	18	J	OF	OF	7	7	18	M	STRUCTURE PRO	STRUCTURE PRO		7						
19	J					19	D					19	M	STRUCTURE PRO	STRUCTURE PRO		7	19	V	OF	OF	7	7	19	D										
20	V					20	L	OF	OF	7	7	20	M	OF	OF	7	7	20	S					20	J	OF	OF	7	7						
21	S					21	M	OF	OF	7	7	21	J	OF	OF	7	7	21	D					21	V	OF	OF	7	7						
22	D					22	M	OF	OF	7	7	22	V	OF	OF	7	7	22	L	STRUCTURE PRO	STRUCTURE PRO		7	22	M	STRUCTURE PRO	STRUCTURE PRO		7						
23	L					23	J	OF	OF	7	7	23	S					23	M	STRUCTURE PRO	STRUCTURE PRO		7	23	J	STRUCTURE PRO	STRUCTURE PRO		7						
24	M					24	V	OF	OF	7	7	24	D					24	M	OF	OF	7	7	24	V	STRUCTURE PRO	STRUCTURE PRO		7						
25	M					25	S					25	L	STRUCTURE PRO	STRUCTURE PRO		7	25	J	OF	OF	7	7	25	S										
26	J					26	D					26	M	STRUCTURE PRO	STRUCTURE PRO		7	26	V	OF	OF	7	7	26	D										
27	V					27	L	OF	OF	7	7	27	M	STRUCTURE PRO	STRUCTURE PRO		7	27	S					27	J	OF	OF	7	7						
28	S					28	M	OF	OF	7	7	28	J	STRUCTURE PRO	STRUCTURE PRO		7	28	D					28	V	OF	OF	7	7						
29	D					29	M	OF	OF	7	7	29	V	STRUCTURE PRO	STRUCTURE PRO		7	29	L	STRUCTURE PRO	STRUCTURE PRO		7	29	M	STRUCTURE PRO	STRUCTURE PRO		7						
30	L					30	J	OF	OF	7	7	30	S					30	M	STRUCTURE PRO	STRUCTURE PRO		7	30	D										
31	M					31	D					31	L					31	V	STRUCTURE PRO	STRUCTURE PRO		7	31	L	STRUCTURE PRO	STRUCTURE PRO		7						
				0	0					133	0					70	77					70	70					63	98					56	91

Février 2022					Mars 2022					Avril 2022					Mai 2022					Juin 2022					Juillet 2022										
matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP	matin 8h30-12h		après-midi 13h00-16h30		h/dj TSF	h/dj MSP						
1	M	STRUCTURE PRO	STRUCTURE PRO		7	1	M	STRUCTURE PRO	STRUCTURE PRO		7	1	V					1	M	STRUCTURE PRO	STRUCTURE PRO		7	1	V										
2	M	STRUCTURE PRO	STRUCTURE PRO		7	2	M	STRUCTURE PRO	STRUCTURE PRO		7	2	S					2	J	OF	OF	7	7	2	S										
3	J	OF	OF	7	7	3	J	OF	OF	7	7	3	D					3	M	STRUCTURE PRO	STRUCTURE PRO		7	3	V	OF	OF	7	7						
4	V	OF	OF	7	7	4	V	OF	OF	7	7	4	L	STRUCTURE PRO	STRUCTURE PRO		7	4	M	STRUCTURE PRO	STRUCTURE PRO		7	4	S										
5	S					5	S					5	M	STRUCTURE PRO	STRUCTURE PRO		7	5	J	OF	OF	7	7	5	D										
6	D					6	D					6	M	STRUCTURE PRO	STRUCTURE PRO		7	6	V	OF	OF	7	7	6	L										
7	L	STRUCTURE PRO	STRUCTURE PRO		7	7	L	STRUCTURE PRO	STRUCTURE PRO		7	7	J	OF	OF	7	7	7	S					7	M	STRUCTURE PRO	STRUCTURE PRO		7						
8	M	STRUCTURE PRO	STRUCTURE PRO		7	8	M	STRUCTURE PRO	STRUCTURE PRO		7	8	V	OF	OF	7	7	8	D					8	M	STRUCTURE PRO	STRUCTURE PRO		7						
9	M	STRUCTURE PRO	STRUCTURE PRO		7	9	M	STRUCTURE PRO	STRUCTURE PRO		7	9	S					9	L	STRUCTURE PRO	STRUCTURE PRO		7	9	J	OF	OF	7	7						
10	J	OF	OF	7	7	10	J	OF	OF	7	7	10	D					10	M	STRUCTURE PRO	STRUCTURE PRO		7	10	V	OF	OF	7	7						
11	V	OF	OF	7	7	11	V	OF	OF	7	7	11	L	STRUCTURE PRO	STRUCTURE PRO		7	11	M	STRUCTURE PRO	STRUCTURE PRO		7	11	S										
12	S					12	S					12	M	STRUCTURE PRO	STRUCTURE PRO		7	12	J	OF	OF	7	7	12	D										
13	D					13	D					13	M	STRUCTURE PRO	STRUCTURE PRO		7	13	V	OF	OF	7	7	13	L	STRUCTURE PRO	STRUCTURE PRO		7						
14	L	STRUCTURE PRO	STRUCTURE PRO		7	14	L	STRUCTURE PRO	STRUCTURE PRO		7	14	J	OF	OF	7	7	14	S					14	M	STRUCTURE PRO	STRUCTURE PRO		7						
15	M	STRUCTURE PRO	STRUCTURE PRO		7	15	M	STRUCTURE PRO	STRUCTURE PRO		7	15	V	OF	OF	7	7	15	D					15	M	STRUCTURE PRO	STRUCTURE PRO		7						
16	M	STRUCTURE PRO	STRUCTURE PRO		7	16	M	STRUCTURE PRO	STRUCTURE PRO		7	16	S					16	L	STRUCTURE PRO	STRUCTURE PRO		7	16	J	OF	OF	7	7						
17	J	STRUCTURE PRO	STRUCTURE PRO		7	17	J	OF	OF	7	7	17	D					17	M	STRUCTURE PRO	STRUCTURE PRO		7	17	V	OF	OF	7	7						
18	V	STRUCTURE PRO	STRUCTURE PRO		7	18	V	OF	OF	7	7	18	L					18	M	STRUCTURE PRO	STRUCTURE PRO		7	18	S										
19	S					19	S					19	M	STRUCTURE PRO	STRUCTURE PRO		7	19	J	OF	OF	7	7	19	D										
20	D					20	D					20	M	STRUCTURE PRO	STRUCTURE PRO		7	20	V	OF	OF	7	7	20	L	STRUCTURE PRO	STRUCTURE PRO		7						
21	L	STRUCTURE PRO	STRUCTURE PRO		7	21	L	STRUCTURE PRO	STRUCTURE PRO		7	21	J	STRUCTURE PRO	STRUCTURE PRO		7	21	S					21	M	STRUCTURE PRO	STRUCTURE PRO		7						
22	M	STRUCTURE PRO	STRUCTURE PRO		7	22	M	STRUCTURE PRO	STRUCTURE PRO		7	22	V	STRUCTURE PRO	STRUCTURE PRO		7	22	D					22	M	STRUCTURE PRO	STRUCTURE PRO		7						
23	M	STRUCTURE PRO	STRUCTURE PRO		7	23	M	STRUCTURE PRO	STRUCTURE PRO		7	23	S					23	L	STRUCTURE PRO	STRUCTURE PRO		7	23	J	OF	OF	7	7						
24	J	OF	OF	7	7	24	J	OF	OF	7	7	24	D					24	M	STRUCTURE PRO	STRUCTURE PRO		7	24	V	OF	OF	7	7						
25	V	OF	OF	7	7	25	V	OF	OF	7	7	25	L	STRUCTURE PRO	STRUCTURE PRO		7	25	M	STRUCTURE PRO	STRUCTURE PRO		7	25	S										
26	S					26	S					26	M	STRUCTURE PRO	STRUCTURE PRO		7	26	J					26	D										
27	D					27	D					27	M	STRUCTURE PRO	STRUCTURE PRO		7	27	V	STRUCTURE PRO	STRUCTURE PRO		7	27	L	STRUCTURE PRO	STRUCTURE PRO		7						
28	L	STRUCTURE PRO	STRUCTURE PRO		7	28	L	STRUCTURE PRO	STRUCTURE PRO		7	28	J	OF	OF	7	7	28	S					28	M	STRUCTURE PRO	STRUCTURE PRO		7						
29	M	STRUCTURE PRO	STRUCTURE PRO		7	29	M	STRUCTURE PRO	STRUCTURE PRO		7	29	V	OF	OF	7	7	29	D					29	M	STRUCTURE PRO	STRUCTURE PRO		7						
30	L					30	M	STRUCTURE PRO	STRUCTURE PRO		7	30	S					30	L	STRUCTURE PRO	STRUCTURE PRO		7	30	J	OF	OF	7	7						
31	M					31	J	OF	OF	7	7	31	D					31	M	STRUCTURE PRO	STRUCTURE PRO		7	31	L										
				42	98					63	98					49	91					42	105					63	84					21	0

UC	Nb 1/2 journées	Nb heures
UC 1		
UC 2		
UC 3		
UC 4		

TOTAL HEURES TSF	672
Total	