

### AOÛT 2026

|            | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |
| matin      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| matin      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| après-midi |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Soir       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

### SEPTEMBRE 2026

|            | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu  | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10   | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| matin      | M3  | M3  | M3  | M3  |     |     | Alt | M3  | M3  | B3PR |     |     |     | Alt | M3  | M3  | M3  |     |     |     | Alt | M3  | M3  | M3  |     |     |     | Alt | M3  | M3  |
| matin      |     | M3  |     | M3  |     |     | Alt |     | M3  |      |     |     |     | Alt | M3  | M3  | M3  |     |     |     | Alt |     | M3  |     |     |     |     | Alt |     | M3  |
| après-midi | M3  | M3  | M3  |     |     |     | M3  | M3  | M3  |      | Alt |     |     | M3  | M3  | M3  | M3  | Alt |     |     | M3  | M3  | M3  |     | Alt |     |     | M3  | M3  | M3  |
| Soir       |     |     |     |     |     |     |     |     |     |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

### OCTOBRE 2026

|            | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu  | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15   | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |
| matin      | M3  |     | Alt |     | Alt | M3  | M3  | M3  |     | Alt |     | M3  | M3  | M3  | B3PR |     | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| matin      |     |     | Alt |     | Alt |     | M3  |     |     | Alt |     | M3  |     | M3  |      |     | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| après-midi |     | Alt |     |     | M3  | M3  | M3  |     | Alt |     |     | M3  | M3  | M3  |      | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Soir       |     |     |     |     |     |     |     |     |     |     |     |     |     | Alt |      |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

### NOVEMBRE 2026

|            | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| matin      |     | Alt | M3  | M3  | M1  | M1  | Alt |     | Alt | M3  |     | M3  |     | Alt |     | Alt | M1  | M3  | M1  | M1  | Alt |     | M2  | M2  | M3  | M3  |     | Alt |     | Alt |
| matin      |     |     |     | M3  |     |     | Alt |     |     |     |     |     |     | Alt |     |     | M1  | M3  |     |     | Alt |     | M2  | M2  | M3  |     | Alt |     |     |     |
| après-midi |     | M3  | M3  | M3  | M1  | Alt |     |     | M3  | M3  |     | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     | M2  | M2  | M3  | M1  | Alt |     |     | M3  |
| Soir       |     |     |     | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     | Alt |     |     |     |     |     |     | Alt |     |     |     |     |     |

### DÉCEMBRE 2026

|            | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven   | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18    | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |     |     |     |     |     |     |     |
| matin      | M3  | M3  | M1  | M1  | Alt |     | Alt | M3  | M3  | M3  | M2  | Alt |     | Alt | M3  | M3  | M1  | B3PR2 | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| matin      |     | M3  |     |     | Alt |     |     |     | M3  |     |     | Alt |     |     |     | M3  |     |       | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| après-midi | M3  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Soir       |     | Alt |     |     |     |     |     |     | Alt |     |     |     |     |     |     | Alt |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

### JANVIER 2027

|            | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |
| matin      |     |     |     | Alt | M3  | M3  | M1  | M1  | Alt |     | M2  | M2  | M3  | M3  | M2  | Alt |     | Alt | M3  | M3  | M1  | M2  | Alt |     | Alt | M3  | M3  | M3  |     |     |     |
| matin      |     |     |     |     |     | M3  |     |     | Alt |     | M2  | M2  | M3  |     |     | Alt |     |     |     | M3  |     |     | Alt |     |     |     | M3  |     |     |     |     |
| après-midi |     |     |     | M3  | M3  | M3  | M1  | Alt |     |     | M2  | M2  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     |
| Soir       |     |     |     |     |     | Alt |     |     |     |     |     |     | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     | Alt |     |     |     |

### FÉVRIER 2027

|            | Lun | Mar | Mer | Jeu | Ven   | Sam | Dim | Lun | Mar | Mer | Jeu | Ven   | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim |
|------------|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5     | 6   | 7   | 8   | 9   | 10  | 11  | 12    | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| matin      | Alt | M3  | M3  | M1  | B2Cer | Alt |     | Alt | M3  | M3  | M3  | M1    | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| matin      |     |     | M3  |     |       | Alt |     |     |     | M3  |     | B3PR2 | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| après-midi | M3  | M3  | M3  | M1  | Alt   |     |     | M3  | M3  | M3  | M1  | Alt   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| Soir       |     |     | Alt |     |       |     |     |     |     | Alt |     |       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

### MARS 2027

|            | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |
| matin      | Alt | M3  | M3  | M1  | M1  | Alt |     | Alt | M3  | M3  | M3  |     | Alt |     | Alt | M3  | M3  | M1  |     | Alt |     | Alt | M3  | M3  | M3  |     | Alt |     |     | M3  | M3  |
| matin      |     |     | M3  |     |     | Alt |     |     |     | M3  |     |     | Alt |     |     |     | M3  |     |     | Alt |     |     | M3  |     | M3  |     | Alt |     |     |     | M3  |
| après-midi | M3  | M3  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt |     |     |     | M3  | M3  |
| Soir       |     |     |     | Alt |     |     |     |     |     | Alt |     |     |     |     |     |     | Alt |     |     |     |     |     |     | Alt |     |     |     |     |     |     | Alt |

### AVRIL 2027

|            | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven   | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven |     |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9     | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  |     |
| matin      | M1  | M1  | Alt |     | Alt | M3  | M3  | M3  | B3PR2 | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | Alt | M3  | M3  | M3  | M1  |     |
| matin      |     |     | Alt |     |     |     | M3  |     |       | Alt |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | M3  |     |     |     |
| après-midi | M1  | Alt |     |     | M3  | M3  | M3  | M1  | Alt   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | M3  | M3  |     | M1  | Alt |
| Soir       |     |     |     |     | B3B | B3B | Alt | B3B | B3B   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | B3B | B3B | B3B | B3B | B3B |

### MAI 2027

|            | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|            | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  |
| matin      |     |     | Alt | M3  | M3  |     |     |     |     | Alt | M3  | M3  | M1  |     | Alt |     |     | M3  | M3  | B3A |     | Alt |     | Alt | M3  | M3  | M1  | M1  |     |     |     |
| après-midi |     |     | M3  | M3  |     |     |     |     |     | M3  | M3  |     | M1  | Alt |     |     |     | M3  |     | B3A |     | Alt |     |     | M3  | M3  |     | M1  | Alt |     | M3  |
| Soir       |     |     | B3B | B3B | B3B |     |     |     |     | B3B | B3B | B3B | B3B | B3B |     |     |     |     | Alt |     |     |     |     |     |     | Alt |     |     |     |     |     |

### JUIN 2027

|            | Mar   | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven | Sam | Dim | Lun | Mar | Mer | Jeu | Ven   | Sam | Dim | Lun | Mar | Mer |
|------------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|
|            | 1     | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25    | 26  | 27  | 28  | 29  | 30  |
| matin      | M3    | M3  | M3  |     | Alt |     | Alt | M3  | M3  | M3  | M1  | Alt |     |     |     | M3  |     |     |     |     |     |     | M3  | B3A | B1Cer |     |     |     |     |     |
| après-midi | B1Cer | M3  |     |     | Alt |     |     | M3  | M3  |     |     | Alt |     |     |     | M3  |     |     |     |     |     |     | M3  | B3A | M1    |     |     |     |     |     |
| Soir       |       | Alt |     |     |     |     | B3B | B3B | B3B | B3B | B3B |     |     | B3B | B3B | B3B | B3B | B3B |     |     |     |     |     |     |       |     |     |     |     |     |

## Total volume horaire

Du 24/08/2026 au 25/06/2027 : 169 jours ouvrables

**650 heures en centre**

**344 heures en structure**

**994 heures de formation**

## Unités Capitalisables et modules

| Repère | Objectif de l'unité ou du module                                                                        | Heures |
|--------|---------------------------------------------------------------------------------------------------------|--------|
| Pst    | Positionnement                                                                                          | 0      |
| BC1    | Concevoir et mettre en œuvre des projets d'animation                                                    | 120    |
| B1Cer  | Certif                                                                                                  | 2      |
| M1     | BC1                                                                                                     | 118    |
| BC2    | Valoriser les activités et les projets d'une structure                                                  | 35     |
| M2     | BC2                                                                                                     | 35     |
| BC3    | Concevoir, conduire, évaluer des séances et des cycles des activités physiques et sportives de la forme | 495    |
| M3CC   | Cours co                                                                                                | 0      |
| M3HMF  | Haltéro-muscu-ForceA                                                                                    | 0      |
| B3PR   | Pré-requis                                                                                              | 4      |
| M3     | BC3                                                                                                     | 491    |
| Stru   | Alternance                                                                                              | 0      |
| UEN    | Alternance en structure                                                                                 | 344    |
| Alt    | Stage                                                                                                   | 344    |