

# Harmonising mind and legs

In Lausanne, various structures enable youths to pursue a sports career while continuing their studies. The **Centre Sport-Etudes Lausanne (CSEL)** has been offering for the past ten years an ideal framework for young people aged 15 to 20 from this area who are aiming for an advanced level sports career as well as educational and professional success. They are registered by their club, association or federation who will have beforehand reached a partnership agreement with the Centre.



The LUC Volleyball Sports-Studies is characterised by its offer targeted at young people aged 14-25 and combines volleyball training with school, high school, university or professional education. A way of guaranteeing the next generation's preparedness for the LUC, multiple Swiss volleyball champion.

Universities in Lausanne are heavily involved in training for sports managers and administrators. Lausanne University's Institute of Sports Studies (ISSUL), headed by Professor Grégoire Millet, is on its way to becoming Switzerland's most important research and training centre in the field. It awards Bachelor, Master and Doctorate degrees and shows considerable flexibility by allowing students to adjust their curriculum according to their competition schedule.

The **Sports and Health Centre**, incorporated into the UNIL-EPFL Sports Service that was headed for more than 20 years by Georges-André Carrel to whom Pierre Pfefferlé succeeded towards the end of 2013, aims first and foremost to assess the students' physical performance and to have sports specialists supervise them. The average sports person can also follow personalised prevention and training programmes. Inaugurated in September 2012, this high-tech centre aspires to transform Lausanne

into a worldwide centre of excellence in the multiple aspects of sports sciences (sports education, psychology and sports medicine), in collaboration with the canton's University Hospital (CHUV). It also offers sports federations, elite athletes or other immediately concerned groups competences in testing, monitoring and training planning.

As for the Swiss Graduate School of Public Administration (IDHEAP), it offers since 1995 a Certificate of Advanced Studies (CAS) in Sports Management. Since 2003, courses are partly available on the internet thanks to the SOMIT (Sport Organisation Management Interactive Teaching & Learning) project, carried out within the framework of the Swiss Virtual Campus.

On the campus of the Lausanne Federal Institute of Technology (EPFL), the International Academy of Sports Science and Technology (AISTS) offers in particular an international programme lasting one year full-time or as in-service training modules that lead to a Master of Advanced Studies in Sports Administration and Technology.

Every year for the past half-century, the City of Lausanne's Sports Service has been offering initiations to the town's schoolchildren on Wednesday afternoons, in order to encourage youngsters to engage in a sports activity. This programme, known as Sports-Passion, comprises 45 different sports, including downhill skiing, archery, kayak, mountain bike, climbing and yoga.

Several social welfare associations, such as the Association sportive Fair Play (Sport Handicap Lausanne), Fondation idée:sport or SPort'Ouverte, aim to make practising sport accessible to all, whatever the social status, physical state or psychological situation.

