

8.0 credits

75.0 h + 7.5 h

Teacher(s) :	Brichard Sonia ; Francaux Marc (coordinator) ; Larondelle Yvan ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The main subjects to meet these objectives will be: - The basics of nutritional homeostasis in humans, the regulation of weight, energy food, needs analysis in macro-and micronutrients (vitamins, ions, ...), - Water balance and regulation of appetite, - Adaptation of nutrition in human physical activity, balanced nutrition and exercise to aid ergogéniques. specific performance - Metabolic pathways to energy supply during exercise, their participation on the supply and their modes of activation - Mechanisms of protein synthesis and their involvement in the phenomenon of training - The cardio-circulatory adaptation to physical exercise, physical activity and sports in particular environments such as altitude, hyperbaric conditions or heat stress.
Aims :	At the end of this entity of education, the student will be able to explain the functioning of the body of a person engaged in healthy physical activities and sports of all kinds, in all types of environments. It will include specifically the mechanisms underlying the energy expenditure during exercise since the food supply of substrates to cellular metabolic pathways, as well as system restore energy, anabolism and maintenance of biological structures sought . <i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i>
Other infos :	Rating: Review written or oral and / or elements of continuous assessment Support: syllabus and / or book (s) Framing: Holder (s)
Cycle and year of study :	<a href="#">&gt; Bachelor in Motor skills : General</a> <a href="#">&gt; Preparatory year for Master in Motor Skills: Physical Education</a> <a href="#">&gt; Preparatory year for Master in Physiotherapy and Rehabilitation and for Master in Motor Skills: General</a> <a href="#">&gt; Bachelor in Physiotherapy and Rehabilitation</a>
Faculty or entity in charge:	FSM