

4.0 credits

30.0 h + 30.0 h

Teacher(s) :	Marique Thierry ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	<p>The course content is based on 4 major aspects</p> <ul style="list-style-type: none"> <li>- fundamentals of physical activity: positioning, basic movements and factors determining motricity (endurance, muscle work, rythm, posture, support, ...)</li> <li>- individual activities with and without instruments</li> <li>- collective activities with a special focus on behavioural adjustments to instruments, partners and opponents</li> <li>- basic aquatic education (0-30)</li> </ul> <p>In relation to these practical courses, the major theoretical concepts underlying human movement will be addressed through the principal components of physical activity (execution, psychomotor competencies and socio-affective dimensions) and the particular contexts of practice (including aquatics).</p>
Aims :	<p>At the end of the course the successful student will possess a strong personal background in motor activities and the competence to understand basic motor skills. He/she will be able to analyse different components of human movement with respect to perception, performance or relation. This dimension is extended by a part of the course focusing on basic motor skills in the water. The major aim is to develop the student's own experience so that he/she will be able to promote adaptations to populations with special needs.</p> <p><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></p>
Content :	<p>Fundamental motricity (30h): Work of fundamental physical qualities in bond direct with the physical health of the individual: endurance, force, flexibility individual Motricity (15h): Ø Work on "balance" in situation gradually more daring while placing the accent on the feeling of the "postural" placement. Ø Work on the "handling operations of loads". Ø Meetings in form more ludic and learning how to the coeds into practice to put the situations of handling and audacity (in full safety for the 2 or 3). "the acro-gym" is one of the means to reach that point. Collective motricity (15h): Ø Adaptation of the behavior: relation with the machine Ø Adaptation of the behavior: relation with partners and/or adversaries watery Motricity (15h): Ø general watery Education Ø Training of the techniques of stroke Ø safety in aquatic environment Left theoretical (30h)</p>
Other infos :	<p>Pre-requisite                      Evaluation Written or oral examination, continuous evaluation                      Support Syllabus or reference books                      Supervision Titular professor, technical advisors and/or assistants, possibly aided by student assistants                      Others</p>
Cycle and year of study :	<a href="#">&gt; Bachelor in Physiotherapy and Rehabilitation</a>
Faculty or entity in charge:	FSM