

2.0 credits

0 h + 30.0 h

Teacher(s) :	Marique Thierry ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	<p>Les activités abordées pour rencontrer ces objectifs seront diversifiées. Elles permettront l'amélioration des quatre techniques de nage codifiées : brasse, crawl; dos crawlé et dauphin. Elles aborderont une approche des techniques de chutes et de plongeurs. The activities addressed to meet these objectives will be diversified. It will enable the improvement of the four swimming techniques codified: breaststroke, crawl, backstroke and dolphin. They will discuss an approach to techniques of falls and dives.</p>
Aims :	<p>After this educational entity, the student will have gained experience and a sufficient travel codified aquatic later to address specific teaching swimming.</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>After this educational entity, the student will have gained experience and a sufficient travel codified aquatic later to address specific teaching swimming. The work will be focused on the development, improvement of "hard core" sport of swimming to a better balance, improved breathing, better water, better coordination, better propulsion.</p> <p>The activities addressed to meet these objectives will be diversified. It will enable the improvement of the four swimming techniques codified: breaststroke, crawl, backstroke and dolphin. They will discuss an approach to techniques of falls and dives.</p>
Other infos :	<p>Prerequisite: Swimming 1</p> <p>Rating: Continue and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice.</p> <p>Format: Folder Course</p> <p>Framing: Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors.</p>
Cycle and year of study :	<p>> Bachelor in Motor skills : General</p> <p>> Preparatory year for Master in Motor Skills: Physical Education</p>
Faculty or entity in charge:	FSM