

2.0 credits	0 h + 30.0 h	1+2q
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Teacher(s) :	De Jaeger Dominique ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	Major topics presented in this teaching unit include : 1. Physical preparation : strength and flexibility in order to allow correct learning and realisation of gymnastic and acrobatic skills. 2. Technical preparation : - learning fundamental gymnastic and acrobatic skills - preparation for further learning of more complex skills.
Aims :	The students will be able to perform fundamental gymnastic and acrobatic movements. They will develop their spatial orientation, motor coordination, physical strength and flexibility. <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>
Content :	Will be completed by the titular professor when the courses will be attributed
Other infos :	Pre-requisite Evaluation Support Supervision Others
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>
Faculty or entity in charge:	FSM