

2.0 credits

0 h + 30.0 h

|                              |   |
|------------------------------|---|
| Teacher(s) :                 | Francaux Marc ;   |
| Language :                   | Français  |
| Place of the course          | Louvain-la-Neuve  |
| Main themes :                | Initially, the student will be initiated with the practice of the various aspects of the fitness (cardio-fitness and stretchings and reinforcements muscular) and with the relevant use of modern equipment. This course will also contribute to optimize basic physical qualities (force, endurance, flexibility) of the student. Across this personal reinforcement, the student will be conscientisé with didactic specific not only in one room equipped well but also under less favorable conditions. |
| Aims :                       | At the end of this entity of teaching, the student will be able to frame an activity of fitness.<br><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 :                    | Strength training<br>Cardio training<br>Stretching<br>Swiss Ball exercises<br>Bach care<br>Group classes (step, aerobic)  |
| Other infos :                | 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.<br>Format: Folder Course<br>Framing: Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors.   |
| Cycle and year of study :    | <a href="#">&gt; Bachelor in Motor skills : General</a><br><a href="#">&gt; Preparatory year for Master in Motor Skills: Physical Education</a>   |
| Faculty or entity in charge: | FSM   |