UCL Université catholique de Louvain

LEDPH2180

2014-2015

Biology applied to sport and physical preparation (and internships)

10.0 credits	75.0 h	2q

Teacher(s) :	Thonnard Jean-Louis ; Francaux Marc (coordinator) ; SOMEBODY ; Deldicque Louise (compensates Francaux Marc) ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The biological mechanisms which underlie the improvement of strength, power, speed, endurance, flexibility and fatigability will be presented. The student will be encourage to deduce the practical implications for sport conditioning that she-he will experience during the sessions on the sport ground. A practical training (60 hours) with sportswomen and sportsmen will be associated to this teaching. The student will look further into a specific topic related to sport training biology. On the basis of a restricted number of scientific papers, she-he will provide an clear, precise and argued answer to a question emerging from her-his practical experience on the ground.
Aims :	At the end of the course the successful student will be able to program sports training strategies essential to improve performance in athletes. She-He will be able to justify her-his practices on the basis of the recent scientific literature on exercise biology. *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".*
Other infos :	Pre-requisite : Physiology and biochemistry of exercise and nutrition Evaluation : Written examination Support : Syllabus and ./ or books Supervision : Titular + technical counselor
Cycle and year of study :	> Master [120] in Motor Skills: Physical Education > Teacher Training Certificate (upper secondary education) - Physical Education
Faculty or entity in charge:	FSM