UCL Université catholique de Louvain

LEDPH1004

2015-2016

Swimming 1

2.0 credits	0 h + 30.0 h	1 + 2q

Teacher(s) :	Marique Thierry ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The activities addressed to meet the objectives of the first part of the course will be diverse and will allow the testing of problem situations specific to water activities: Techniques swims will be approached through education, different modes of travel and direction changes in surface and / or under water Key topics to meet the objectives of the second part of the course: - Learning techniques codified travel (breaststroke, backstroke, crawl and dolphin) - Learning how to start and turns. The proposed activities are as diverse as possible and contribute to the continuous improvement of the control of the aquatic environment.
Aims :	At the end of the first part of this body of teaching, the student will be able to find the most relevant solutions to the problems posed by the ongoing water in research: - A better balance; - Better breathing; - Better flotation; - Better coordination; - Better propulsion. utilizing physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment. In the second part of this course, students will be able to apply the achievements of the first party to the four swimming styles codified (dolphin, back, breaststroke, crawl) within the parameters governing these institutional style swims (Regulation) and utilizing the physical parameters (hydrostatic and hydrodynamic) that condition. *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".*
Content :	At the end of the first part of this body of teaching, the student will be able to find the most relevant solutions to the problems posed by the ongoing water in research: - A better balance; - Better breathing; - Better flotation; - Better coordination; - Better propulsion. utilizing physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment. In the second part of this course, students will be able to apply the achievements of the first party to the four swimming styles codified (dolphin, back, breaststroke, crawl) within the parameters governing these institutional style swims (Regulation) and utilizing the physical parameters (hydrostatic and hydrodynamic) that condition. The activities addressed to meet the objectives of the first part of the course will be diverse and will allow the testing of problem situations specific to water activities: Techniques swims will be approached through education, different modes of travel and direction changes in surface and / or under water Key topics to meet the objectives of the second part of the course: - Learning techniques codified travel (breaststroke, backstroke, crawl and dolphin) - Learning how to start and turns. - The proposed activities are as diverse as possible and contribute to the continuous improvement of the control of the aquatic environment.
Other infos :	Prerequisites Continue evaluation and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice. File Support Course Encadrement Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors. Other
Faculty or entity in charge:	FSM

Programmes / formations proposant cette unité d'enseignement (UE)				
Intitulé du programme	Sigle	Credits	Prerequis	Acquis d'apprentissage
Bachelor in Motor skills : General	EDPH1BA	2	-	