UCL Université catholique de Louvain

LEDPH1006

2015-2016

FOUNDATIONS OF GYMNASTICS AND ACROBATIC SPORTS (PARTS A and B)

2.0 credits	0 h + 30.0 h	1 + 2q

Teacher(s) :	De Jaeger Dominique ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	Major topics of part A : 1. Physical preparation (strength and flexibility) : muscular actions at the pelvic and schoulder girdles; 2. Technical preparation : - major body positions : layout, arch, hollow, inverted and tuck positions. - specific movement patterns on gymnastic and acrobatic apparatus : jumping (on feet and hands), landing, balancing, forward and backward tumbling, twisting, moving on the hands and swinging. Major topics of part B : - gymnastic and acrobatic movement patterns on different apparati in gradually more complex situations : higher, more aerial, greater execution speed - learning of basic gymnastic and acrobatic skills (combinations of movements patterns and body positions)
Aims :	The students will be able to perform some basic gymnastic and acrobatic skills; they will develop their strength, flexibility, spatial orientation and motor coordination. *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 :	Will be completed by the titular professor when the courses will be attributed
Other infos :	Pre-necessary Continuous and/or final Evaluation for the part practises with possibility of interrogation and/or a final examination to check the acquisition of knowledge associated with the practice. Support File of course Framing Holder, advisers technical and/ or assistants possibly helped by students monitors.
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	-	