UCL Université catholique de Louvain

LEDPH1007

2015-2016

Athletism 1

2.0 credits	0 h + 30.0 h	1 + 2q

Teacher(s) :	Mees Valérie ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The activities addressed to meet these objectives will be diversified. In the first part, they allow students to experience the major investments and motor actions of athletics and their combinations: - Adjust its attitude to the race distance - Conducting quality pulses whether horizontal or vertical, - Focus shots in the full thrust of the whole body
Aims :	At the end of the first part of this body of teaching, the student will have experienced the basic motor actions of athletics (running, jumping, throwing). He will know the general principles of investment and implementation of these actions. It will be able to address the specific learning techniques codified in the tests of athleticism. At the end of the second part of this body of teaching, the student master specific technical tests codified athletics. *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 :	All the situations proposed refer to the three basic families of athletics: running-jump-start. The acquisition of these fundamentals will be complemented by learning specific techniques namely: race - race middle distance - cross - high jump - shot put.
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	-	