UCL Université catholique de Louvain

LEDPH1008

2015-2016

Physical and sports activities amongst human sciences and practices

3.0 credits	30.0 h	1q

Teacher(s) :	Delens Cécile ; Marique Thierry (coordinator) ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	The main subjects to meet these objectives will be: - Acquisition of the major concepts underlying a specific discourse on APS (physical activity, sports, science and technology of physical activities and sports (STAPS) physical education ...) - Location of APS among contemporary human practices. - Multiplicity of the current APS according to the particular places of practice and Characteristics of the target - Social and cultural significance of sport and physical activity. - Physical Activity and Health - WHO definition - Fight against physical inactivity and stress - APS and health conditions (security, protection of the back; hydration; useful indicators Intensity of the effort ...) - Motivation to practice regularly - The main components of physical activity - Performance factors - Dimensions psychomotor - Socio-emotional - Status of science and technology of physical activities and sports in the current scientific approach. - Contributions and limitations of basic disciplines to the understanding of the APS, articulation With STAPS The course will build links between theoretical contributions and experiences of students both in their training (for students in physical education) in their practice outside the IEPRI (for students in physical education and the minor "physical activity, health and culture of the movement."
Aims :	At the end of this unit of instruction the student will have an overview of the place of sport and physical activity among the sciences and human practices. He located the major theoretical frameworks for understanding the physical and sporting activities (PSA), science and technology of APS (STAPS) and Physical Education (EDPH) More particularly, it has a rich conceptualisation of the role sport and physical activity (PSA) on health (WHO def.) a person in the interaction of physical, psychological and social - environment. *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 :	The contents will be discussed in 7 chapters gathered into 3 main parts: Part I: major concepts underlying a specific discourse on APS Ch 1 Concepts related to physical activity Chapter 2 Key concepts related to health Part II: analyzing human movement Ch 3 Elements for a classification of movements Ch 4 Three-dimensional movement of the human factors of energy, psychomotor and social-engines Part Three: Physical Activity and Health Ch 5 The links between health and physical activities and sports Ch 6 The APS for Health, major lines of action Ch 7 Abandonment and behaviors to health, motivation for the APS Method: lectures
Other infos :	Prerequisites Evaluation Review written or oral and / or elements of continuous assessment Syllabus support and / or book (s) Encadrement Holder (s) 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	3	-	