UCL Université catholique de Louvain

LEDPH1026

2015-2016

Fitness

2.0 credits	0 h + 30.0 h	1 + 2q

Teacher(s) :	Deldicque Louise ;
Language :	Français
Place of the course	Louvain-la-Neuve
Prerequisites :	*The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.*
Main themes :	Initially, the student will be initiated with the practice of the various aspects of the fitness (cardio-fitness and stretchings and reinforcements muscular) and with the relevant use of modern equipment. This course will also contribute to optimize basic physical qualities (force, endurance, flexibility) of the student. Across this personal reinforcement, the student will be conscientisé withdidactic specific not only in one room equipped well but also under less favorable conditions.
Aims :	At the end of this entity of teaching, the student will be able to frame an activity of fitness. *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 :	Strength training Cardio training Streching Swiss Ball exercises Bach care Group classes (step, aerobic)
Other infos :	Rating: Continue and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice. Format: Folder Course Framing: Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student 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	LEDPH1002	