UCL Université catholique de Louvain

LEDPH1030

2015-2016

Theoretical basis of sport and physical activity training, and theoretical basis of motor learning

4.0 credits	45.0 h	1q

Teacher(s) :	Marique Thierry (coordinator) ; De Jaeger Dominique ;
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 :	Sports training is a multifactorial structured process (content, methods, organization, evaluation, planification) that includes the learning of complex technical movements. The main topics presented in this teaching unit are : - part A (30h), the biological dimension : development of basic physical capacities of strength, speed, flexibility and cardiovascular endurance. - part B (15h), principal models in motor control and learning, motor learning variables, and practical applications will be presented.
Aims :	Part A : The students will understand the theoretical foundations of training strategies for improving performance in non competitive physical activities as well as in individual and collective sports. They will be able to correctly analyse usual practices in sports and physical activities. (part A) Part B : the students will acquire theoretical references in motor learning, useful for their professional practices. *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 :	1. Introduction 2. The sporting performance 3. The process of drive 4. Principles of drive 5. Methodology and planning of drive 6. Physiological bases of drive 7. The drive of physical qualities basic 8. The drive of the driving and cognitive skills 9. Determinants of the performance
Other infos :	Pre-requisite Evaluation Support Supervision Others
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	4	LIEPR1002 **and** LIEPR1003 **and** LIEPR1007 **and** LEDPH1008	