UCL Université catholique de Louvain

LEDPH1031

2015-2016

Autodefense

3.0 credits	0 h + 30.0 h	1 + 2q

Teacher(s) :	Jouniaux Michel ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	This practical course will address the following topics: - Avoidance of contact by ducking and parades; - Study travel, investment and technical countermeasures and responses; - Techniques of release of different forms of belt or stand or ground; - Learning the different forms of falling or avoidance by recovery of the balance; - Control of the aggressor; - Application in diverse situations; - Methodology: differentiation and progression in terms of age groups.
Aims :	At the end of this entity of education, the student can quickly and accurately assess a situation of aggression. It will be able to contain his emotion. It will be aware of its ability to react and have confidence in them. It may provide relief and aid to hold a person in danger of aggression. *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 course content is self-learning avoidance techniques beatings, decommitments belts or equity body, projection. The heating is a very specific preparation course content part of the exercises in the form of opposition or included among the skills opposition. Complementary techniques of falls or recovery of balance are envisaged to practice self in safety. Repetition of exercises is done primarily by changes in partners to aggressive situations vary due to the morphology or strength of another. Finally, each technology is integrated into a more complex several techniques are allowed to deceive opponents, or topic specific enough to encourage an adequate response to the problem created by the adversary.
Other infos :	Prerequisite: Support for the training of BAC 1 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
Additionnal module in Motor skills	LEDPH100P	3	-	