LEDPH1033

2015-2016

Outdoor endurance sports and practical training

12.0 credits	0 h + 60.0 h	1 + 2q

Teacher(s) :	Marique Thierry ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	Key topics to meet the objectives: In the practical part of the course (6 credits), different outdoor activities can be addressed as such: - ATV and / or road bike - Sports guidelines - The combined type (mini) triathlon, ... The internship involved (7 ects) covers activities whose objectives are: - Conducting a performance of medium-term endurance (peak Spa, bike ...): the activity is training planned for this event (including its construction and evaluation of the training) (note the extra physical load). - Diversification of content: the activity is (A) stage (s) outside IEPRI depending on the case as a participant (then) as co-speaker, - Deepening a question related to outdoor activities such as the didactisation content: the production is a "work" (written, video, ...). - Organization (s) of event (s) outdoor type (s) (an ATV, ATV orientation, a bicycle rally, ...): the achievement is the event (including its preparation and assessment) This part "stage" may be customized according to the draft training of students and will be an individual file or collective situations.
Aims :	After this educational entity, the student will have technical representative to enable it to improve the physical condition of a person by physical activities and sports mainly based on long-term effort outdoors (so called sports' outdoor). This teaching is involved in the axis "fitness" of training in physical education. *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 :	Triathlon is chosen as a didactical and practical support for this course. Students are submitted to a training program in order to improve their level in triathlon. By doing this they discover practical aspects of triathlon as well as bio-medical theories and training methodology. By reading some papers related to biomechanics and training theory applied to triathlon they prepare a seminar. The aim of this seminar is to relate their practice of triathlon to different scientific elements. A triathlon (Olympic distance, 1,5 km swimming, 40 km biking, 10 km running) closes the course and is a kind of challenge for the students.
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. Other: You should pay particular attention to the physical burden associated with this course. To do this: - The teacher will not ask for performance as they involve a physical load too high, - At the time of presentation and choice of this option to students, this additional burden will be clearly outlined so that each evaluates its choice based on his personal means.
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	12	-	