# LEDPH2134

*2015-2016*

# Athletic Training

| 2.0 credits | 30.0 h | 2q |
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| Teacher(s) : | Mees Valérie ; |
| Language : | Français |
| Place of the course | Louvain-la-Neuve |
| Main themes : | Track and field: application of theoretical principles to track and field training. Planning and managing of personal training, and elaboration of specific training plans will be taught. |
| Aims : | At the end of the course the successful student will have mastered this optional physical activities.<br>*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 will consist of practical sessions allowing students to experiment, on an athletics track, the various parameters of training they have previously developed. |
| Other infos : | Pre-requisite : Courses of the bachelor program<br>Evaluation : Continuous, written works<br>Supervision : Titular, assistant and technical adviser |
| Faculty or entity in charge: | FSM |

| Programmes / formations proposant cette unité d'enseignement (UE) | | | | |
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| Intitulé du programme | Sigle | Credits | Prerequis | Acquis d'apprentissage |
| Master [120] in Motor Skills: Physical Education | EDPH2M | 2 | - | |