LEDPH2135

2015-2016

Relaxation

4.0 credits	0 h + 30.0 h	1 + 2q

Teacher(s) :	Moreaux Alain ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	Conventional techniques (Jacobson, Schultz, as well as yoga, relaxation therapy and others) will be taught and practised. Specific applications, indications and potential contra-indications and stress management will be taught.
Aims :	At the end of the course the successful student will be able to practise various relaxation techniques as well as teach these techniques within an educational context. *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 :	Conventional techniques (Jacobson, Schultz, as well as yoga, relaxation therapy and others) will be taught and practised. Specific applications, indications and potential contra-indications and stress management will be taught.
Other infos :	Pre-requisite : All the courses related to physical activities and sports of the bachelor program Evaluation : Continuous, written works Supervision : Titular
Faculty or entity in charge:	FSM

Programmes / formations proposant cette unité d'enseignement (UE)				
Intitulé du programme	Sigle	Credits	Prerequis	Acquis d'apprentissage
Master [120] in Motor Skills: Physical Education	EDPH2M	4	-	