UCL Université catholique de Louvain

LIEPR2236

2015-2016

Prevention and therapeutical effect of the physical activity on the major chronic diseases

5.0 credits	30.0 h	1q

Teacher(s) :	Caty Gilles ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	Part A (15h - 2 credits: Study of certain physiological mechanisms responsible for the protective effect of exercise, investigation of the scientific literature regarding epidemiological evidence. Part B (30h - 3 credits): Study of certain pathologies or conditions (cardiovascular diseases, hypertension, obesity, diabetes, osteoporosis, wheelchair locomotion, etc.) and the potential beneficial influence of regular exercise practice.
Aims :	Part A: At the end of the course the successful student will be able to understand the usefulness of exercise in the framework of primary prevention. He will know the mechanisms that produce the protective effects against certain diseases and will possess the theoretical knowledge to justify and optimise his interventions. Part B: He will also be able to comprehend the therapeutic applications of exercise practice by individuals suffering from certain chronic diseases or sensory-motor and physiological conditions (secondary and tertiary prevention). He will be capable to evaluate the pertinence of exercise interventions in the context of rehabilitation and reconditioning (recommendations and contra-indications, acute and long-term effects of exercise, exercise programming). *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 place of a regular physical activity in terms of prevention and therapy for the major chronic diseases. Theory and works in groups.
Other infos :	Pre-requisite : IEPR 1025 - Physiologie, biochimie de l'exercice et nutrition Evaluation : Written or oral exam, continuous evaluation, student works Support : Reference books, scientific publications, course slides Supervision : Titular professor and assistants from the IEPR
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: General	MOTR2M	5	-	
Master [60] in Physiotherapy and Rehabilitation	KINE2M1	3	-	
Master [120] in Motor Skills: Physical Education	EDPH2M	5	-	