


10 credits

75.0 h

Q2

Teacher(s)	Deldicque Louise (compensates Francaux Marc) ;Francaux Marc coordinator ;Thonnard Jean-Louis ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	The biological mechanisms which underlie the improvement of strength, power, speed, endurance, flexibility and fatigability will be presented. The student will be encourage to deduce the practical implications for sport conditioning that she-he will experience during the sessions on the sport ground. A practical training (60 hours) with sportswomen and sportsmen will be associated to this teaching. The student will look further into a specific topic related to sport training biology. On the basis of a restricted number of scientific papers, she-he will provide an clear, precise and argued answer to a question emerging from her-his practical experience on the ground.
Aims	<p>1 At the end of the course the successful student will be able to program sports training strategies essential to improve performance in athletes. She-He will be able to justify her-his practices on the basis of the recent scientific literature on exercise biology.</p> <p>-----</p> <p><i>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".</i></p>
Other infos	Pre-requisite : Physiology and biochemistry of exercise and nutrition Evaluation : Written examination Support : Syllabus and ./ or books Supervision : Titular + technical counselor
Faculty or entity in charge	FSM

<b>Programmes containing this learning unit (UE)</b>				
Program title	Acronym	Credits	Prerequisite	Aims
Teacher Training Certificate (upper secondary education) - Physical Education	EDPH2A	10		
Master [120] in Motor Skills: Physical Education	EDPH2M	10		