


Due to the COVID-19 crisis, the information below is subject to change, in particular that concerning the teaching mode (presential, distance or in a comodal or hybrid format).

|            |        |    |
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| 10 credits | 75.0 h | Q2 |
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|-----------------------------|--|
| Teacher(s)                  | Deldicque Louise ;   |
| 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>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  |
| Master [120] in Motor Skills:<br>Physical Education  | EDPH2M  | 10      |              |  |