

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	De Jaeger Dominique ;
Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Main themes	Major topics of part A : 1. Physical preparation (strength and flexibility) : muscular actions at the pelvic and shoulder girdles; 2. Technical preparation : - major body positions : layout, arch, hollow, inverted and tuck positions. - specific movement patterns on gymnastic and acrobatic apparatus : jumping (on feet and hands), landing, balancing, forward and backward tumbling, twisting, moving on the hands and swinging. Major topics of part B : - gymnastic and acrobatic movement patterns on different apparati in gradually more complex situations : higher, more aerial, greater execution speed - learning of basic gymnastic and acrobatic skills (combinations of movements patterns and body positions)
Learning outcomes	<b>At the end of this learning unit, the student is able to :</b> 1 The students will be able to perform some basic gymnastic and acrobatic skills; they will develop their strength, flexibility, spatial orientation and motor coordination.
Content	Will be completed by the titular professor when the courses will be attributed
Inline resources	<a href="https://moodle.uclouvain.be/course/view.php?id=1239">https://moodle.uclouvain.be/course/view.php?id=1239</a>
Other infos	Pre-necessary Continuous and/or final Support File of course Framing Holder, advisers technical and/or assistants possibly helped by students monitors.
Faculty or entity in charge	FSM

<b>Programmes containing this learning unit (UE)</b>				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	2		