

2.00 credits

30.0 h

Q2

Teacher(s)	Mees Valérie ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Track and field: application of theoretical principles to track and field training. Planning and managing of personal training, and elaboration of specific training plans will be taught.
Learning outcomes	At the end of this learning unit, the student is able to : 1 At the end of the course the successful student will have mastered this optional physical activities.
Content	The course will consist of practical sessions allowing students to experiment, on an athletics track, the various parameters of training they have previously developed.
Other infos	Pre-requisite : Courses of the bachelor program Evaluation : Continuous, written works Supervision : Titular, assistant and technical adviser
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	2		