


5.00 credits

30.0 h

Q1

Teacher(s)	Valet Maxime ;
Language :	French
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.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>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).</p>
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 containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	3		
Master [60] in Physiotherapy and Rehabilitation	KINE2M1	3		