

3.00 credits

0 h + 30.0 h

Q1

Teacher(s)	de Geus Sebastiaan ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Firstly, the basic skills (strength, flexibility, stamina) will be individually evaluated. The tests used will be easy and will allow auto-evaluation by the students. Secondly, these skills will be developed through specific and varied activities. The development of strength and muscular stamina will be made among others on machines specifically engineered for body building. Quality of execution (position, breathing, rhythm) will be underlined when strength and flexibility will be developed. This qualitative aspect of work will allow the development of the corporal schema of the student and will be taken into account in the evaluation.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>1 At the end of this educational module, the student will have improved his corporal schema; he will have optimally developed his strength, flexibility and stamina skills in order to facilitate his learning in several sports disciplines during his formation. He will have been aware of the transversal and progressive nature of these skills. Finally, he will have acquired some autonomy in the management of his own condition.</p>
Content	This teaching unit consists of introducing and experiencing the basic physical qualities: strength, stretching, endurance.
Other infos	The course LEDPH1002 is strictly reserved for FSM students.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	3		