

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	Francaux Marc ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	The activities addressed to meet the objectives of the first part of the course will be diverse and will allow the testing of problem situations specific to water activities: Techniques swims will be approached through education, different modes of travel and direction changes in surface and / or under water Key topics to meet the objectives of the second part of the course: - Learning techniques codified travel (breaststroke, backstroke, crawl and dolphin) - Learning how to start and turns. The proposed activities are as diverse as possible and contribute to the continuous improvement of the control of the aquatic environment.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>At the end of the first part of this body of teaching, the student will be able to find the most relevant solutions to the problems posed by the ongoing water in research: - A better balance; - Better breathing; - Better flotation; - Better coordination; - Better propulsion. utilizing physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment. In the second part of this course, students will be able to apply the achievements of the first party to the four swimming styles codified (dolphin, back, breaststroke, crawl) within the parameters governing these institutional style swims (Regulation) and utilizing the physical parameters (hydrostatic and hydrodynamic) that condition.</p> <p>1</p>
Content	At the end of the first part of this body of teaching, the student will be able to find the most relevant solutions to the problems posed by the ongoing water in research: - A better balance; - Better breathing; - Better flotation; - Better coordination; - Better propulsion. utilizing physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment. In the second part of this course, students will be able to apply the achievements of the first party to the four swimming styles codified (dolphin, back, breaststroke, crawl) within the parameters governing these institutional style swims (Regulation) and utilizing the physical parameters (hydrostatic and hydrodynamic) that condition. The activities addressed to meet the objectives of the first part of the course will be diverse and will allow the testing of problem situations specific to water activities: Techniques swims will be approached through education, different modes of travel and direction changes in surface and / or under water Key topics to meet the objectives of the second part of the course: - Learning techniques codified travel (breaststroke, backstroke, crawl and dolphin) - Learning how to start and turns. - The proposed activities are as diverse as possible and contribute to the continuous improvement of the control of the aquatic environment.
Other infos	Prerequisites Continue evaluation and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice. File Support Course Encadrement Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors. Other
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	2		