

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	At the end of this learning unit, the student is able to : 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.
Evaluation methods	Students will be assessed at different times of the year. The final score will be the weighted mean of all the tests, provided that the student has completed all the tests. The applied weighting is explained in a document available on the Moodle page of the course. In the second session, students may choose not to present the tests for which they obtained a score at least equal to 60%. For these tests, the score previously obtained during the year can be kept.
Teaching methods	Various teaching techniques and learning situations are implemented, taking advantage of the available infrastructure. Special attention is paid to the quality of performance : right positioning, technically correct motion.
Content	Specific physical preparation : development of flexibility and strength Technical preparation : <ul style="list-style-type: none"> • Basic postures : tuck, pike, layout and curvilinear positions • Specific motor actions : jumping, landing, balancing, rotations, swinging, hanging a bar. • Basic acrobatic motor skills.
Inline resources	https://moodle.uclouvain.be/course/view.php?id=1239
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

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