


3.00 credits

30.0 h

Q1

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| Teacher(s) | de Geus Sebastiaan (coordinator) ; |
| Language : | French > English-friendly |
| Place of the course | Louvain-la-Neuve |
| Main themes | The main subjects to meet these objectives will be: - Acquisition of the major concepts underlying a specific discourse on APS (physical activity, sports, science and technology of physical activities and sports (STAPS) physical education ...) - Location of APS among contemporary human practices. - Multiplicity of the current APS according to the particular places of practice and Characteristics of the target - Social and cultural significance of sport and physical activity. - Physical Activity and Health - WHO definition - Fight against physical inactivity and stress - APS and health conditions (security, protection of the back; hydration; useful indicators Intensity of the effort ...) - Motivation to practice regularly - The main components of physical activity - Performance factors - Dimensions psychomotor - Socio-emotional - Status of science and technology of physical activities and sports in the current scientific approach. - Contributions and limitations of basic disciplines to the understanding of the APS, articulation With STAPS The course will build links between theoretical contributions and experiences of students both in their training (for students in physical education) in their practice outside the IEPRI (for students in physical education and the minor "physical activity, health and culture of the movement." |
| Learning outcomes | <p>At the end of this learning unit, the student is able to :</p> <p>At the end of this unit of instruction the student will have an overview of the place of sport and physical activity among the sciences and human practices. He located the major theoretical frameworks for understanding the physical and sporting activities (PSA), science and technology of APS (STAPS) and Physical Education (EDPH) More particularly, it has a rich conceptualisation of the role sport and physical activity (PSA) on health (WHO def.) a person in the interaction of physical, psychological and social - environment.</p> |
| Content | <p>This teaching unit covers 7 chapters together:</p> <p>Chapter 1: Introduction</p> <p>Chapter 2: PAS - health - fitness (Physical activity and health, recommendation for physical activity, physical inactivity and sedentary lifestyle, prevention and treatment of disease through PAS, fitness and health)</p> <p>Chapter 3: Fitness and health</p> <p>Chapter 4: Basic Physiology</p> <p>Chapter 5: Sports performance</p> <p>Chapter 6: Measuring physical activity and fitness in non-athletes</p> <p>Chapter 7: Human Motor Skills (Performance and Psychomotor Factors)</p> |
| Other infos | This course is reserved for FSM students. Other UCLouvain students may have access to this course on the basis of a file to be submitted to the course coordinator. This course is committed to transition and sustainable development. |
| Faculty or entity in charge | FSM |

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