UCLouvain

ledph1030

2022

Theoretical basis of sport and physical activity training, and theoretical basis of motor learning

4.00 credits	45.0 h	Q1

Teacher(s)	De Jaeger Dominique (coordinator) ;Hardwick Robert ;
Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Prerequisites	*The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.*
Main themes	Sports training is a multifactorial structured process (content, methods, organization, evaluation, planification) that includes the learning of complex technical movements. The main topics presented in this teaching unit are : - part A (30h), the biological dimension : development of basic physical capacities of strength, speed, flexibility and cardiovascular endurance. - part B (15h), principal models in motor control and learning, motor learning variables, and practical applications will be presented.
Learning outcomes	**At the end of this learning unit, the student is able to :** 1 Part A : The students will understand the theoretical foundations of training strategies for improving performance in non competitive physical activities as well as in individual and collective sports. They will be able to correctly analyse usual practices in sports and physical activities. (part A) Part B : the students will acquire theoretical references in motor learning, useful for their professional practices.
Evaluation methods	The evaluation is carried out by means of a written exam consisting of • for the "Training" part, MCQ questions and some open questions with short answers. • for the part "Motor learning", MCQ questions and one or more open questions. The final mark is the arithmetic average of the marks of the "Training" and "Motor learning" parts.
Teaching methods	Theoretical course in lecture halls; illustrations based on videos or examples drawn from personal experience.
Content	Training part Preface: Course Introduction Section 1: Fundamental Concepts (discussion of energy systems and the different components of fitness) Section 2: Applied concepts (including principles of training, planning and recovery) Section 3: Specific issues (e.g. effects of environment and age). Summary: Review and Exam Preparation Motor learning part Introduction: Defining basic concepts Section 1: Measuring motor performance and learning Section 2: Understanding motor control (theoretical models) Section 3: Maximizing motor learning (factors that promote motor learning) Note: some components in English
Inline resources	https://moodle.uclouvain.be/course/view.php?id=4649
Other infos	Support on "PSA among the sciences and human practices". Course material: syllabus and power-point presentations. This course is given partially in English (part "Training"). Course materials are provided in French. 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.
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	4	LIEPR1002 AND LIEPR1003 AND LIEPR1007 AND LEDPH1008	