


11.00 credits

75.0 h

Q2

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| Teacher(s) | Deldicque Louise ;Zbinden Foncea Hermann Patricio (compensates Deldicque Louise) ; |
| Language : | French |
| Place of the course | Louvain-la-Neuve |
| Main themes | The biological mechanisms which underlie the improvement of strength, power, speed, endurance, flexibility and fatigability will be presented. The student will be encourage to deduce the practical implications for sport conditioning that she-he will experience during the sessions on the sport ground. A practical training (60 hours) with sportswomen and sportsmen will be associated to this teaching. The student will look further into a specific topic related to sport training biology. On the basis of a restricted number of scientific papers, she-he will provide an clear, precise and argued answer to a question emerging from her-his practical experience on the ground. |
| Learning outcomes | <p>At the end of this learning unit, the student is able to :</p> <p>1 At the end of the course the successful student will be able to program sports training strategies essential to improve performance in athletes. She-He will be able to justify her-his practices on the basis of the recent scientific literature on exercise biology.</p> |
| Other infos | Evaluation : Written examination Support : Syllabus and / or books Supervision : Titular + technical counselor |
| Faculty or entity in charge | FSM |

| Programmes containing this learning unit (UE) | | | | |
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| Program title | Acronym | Credits | Prerequisite | Learning outcomes |
| Master [120] in Motor Skills: Physical Education | EDPH2M | 11 | |  |