



8.00 credits

75.0 h + 7.5 h

Q2

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| Teacher(s) | Deldicque Louise ;Francaux Marc (coordinator) ;Henriet Patrick ; |
| Language : | French |
| Place of the course | Louvain-la-Neuve |
| Prerequisites | <i>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.</i> |
| Main themes | The main subjects to meet these objectives will be: - The basics of nutritional homeostasis in humans, the regulation of weight, energy food, needs analysis in macro-and micronutrients (vitamins, ions, ...), - Water balance and regulation of appetite, - Adaptation of nutrition in human physical activity, balanced nutrition and exercise to aid ergogéniques. specific performance - Metabolic pathways to energy supply during exercise, their participation on the supply and their modes of activation - Mechanisms of protein synthesis and their involvement in the phenomenon of training - The cardio-circulatory adaptation to physical exercise, physical activity and sports in particular environments such as altitude, hyperbaric conditions or heat stress. |
| Learning outcomes | <p>At the end of this learning unit, the student is able to :</p> <p>At the end of this entity of education, the student will be able to explain the functioning of the body of a person engaged in healthy physical activities and sports of all kinds, in all types of environments. It will include specifically the mechanisms underlying the energy expenditure during exercise since the food supply of substrates to cellular metabolic pathways, as well as system restore energy, anabolism and maintenance of biological structures sought .</p> <p>1</p> |
| 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 | 8 | LIEPR1001 AND LIEPR1004 AND LIEPR1021 |  |
| Bachelor in Physiotherapy and Rehabilitation | KINE1BA | 8 | LIEPR1021 AND LIEPR1022 AND LIEPR1001 AND LIEPR1004 |  |