

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
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	Major topics presented in this teaching unit include : 1. Physical preparation : strength and flexibility in order to allow correct learning and realisation of gymnastic and acrobatic skills. 2. Technical preparation : - learning fundamental gymnastic and acrobatic skills - preparation for further learning of more complex skills.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>1 The students will be able to perform fundamental gymnastic and acrobatic movements. They will develop their spatial orientation, motor coordination, physical strength and flexibility.</p>
Evaluation methods	<p>Students will be assessed at different times of the year. Participation in all tests is compulsory, and students must obtain a minimum mark of 40% for each test. The final score will be the weighted mean of all the tests. The applied weighting is explained in a document available on the Moodle page of the course.</p> <p>The final mark is a maximum of 9/20 if the student has not obtained the minimum mark of 40% for one of the tests, a maximum of 8/20 if the student has not obtained the minimum mark of 40% for 2 of the tests, a maximum of 7/20 if the student has not obtained the minimum mark of 40% for 3 of the tests, a maximum of 6/20 if the student has not obtained the minimum mark of 40% for 4 of the tests, a maximum of 5/20 if the student has not obtained the minimum mark of 40% for 5 of the tests, and so on.</p> <p>The students receive a mark of 0 for the test if they are present but do not take the test. Students who are absent without valid reason from one or more evaluation sessions will receive an "A (= absent)" grade for the entire course in the June session.</p> <p>In the second session, students may choose not to present the tests for which they obtained a score of at least 60%. For these tests, the score previously obtained during the year can be kept.</p>
Teaching methods	<p>Physical and technical preparation are progressively combined to help students learn specific motor skills. These motor skills are first performed alone and later integrated in motor sequences.</p> <p>Special attention is paid to the quality of performance : right positioning, technically correct motion.</p> <p>Various teaching techniques and learning situations are implemented, allowing an individual and safe progression.</p>
Content	<p>Specific physical preparation : development of flexibility and strength</p> <p>Technical preparation :</p> <ul style="list-style-type: none"> • Basic postures : tuck, pike, layout and curvilinear positions • Specific technical learning : acrobatic motor skills are performed either alone or in motor sequences on the floor (men and women), on uneven bars (women), high bar and parallel bars (men).
Inline resources	https://moodle.uclouvain.be/course/view.php?id=1564
Other infos	Pre-requisite Evaluation Support Supervision Others
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	LEPHY1106 AND LFSM1102	