

Faculty of Medicine



EDPH1001 Fundamentals of team sports and games

[0h+30h exercises] 2 credits

Teacher(s): Philippe Gérard, Thierry Marique (coord.)
Language: French
Level: First cycle

Aims

By the end of this course, the student will have performed motor and psycho-motor skills related to team sports (ball sports) : catching, throwing, passing, hitting, pushing, dribbling various types of balls while either stationary or moving and perception and adaptation of ball movements.

The student will perfect these actions in simple situations and will be able to apply them to a variety of collective disciplines.

Main themes

In order to achieve the stated objectives, the course activities will be varied and diverse to permit experimentation and evaluation of fundamental motor skills of ball sports :

- Handling and controlling a variety of balls with different parts of the body in individual situations, with a partner and/or against an opponent (protecting the ball / maintaining possession)
- Catching, throwing, passing, pushing, dribbling the ball with a partner and/or against an opponent.
- Correctly perceiving the trajectory of a ball and adjusting one's position to intercede with the flight of the ball (i.e. catching the ball while running).
- Exercises in perception and adaptation.

Content and teaching methods

Will be completed later

Other information (prerequisite, evaluation (assessment methods), course materials recommended readings, ...)

Pré-requis

Evaluation Continual and/or final practical evaluation with the possibility of a final exam to ensure that theoretical understanding has taken place.

Support Course notes

Encadrement Professor, instructor, teacher assistants.

Autres

Other credits in programs

EDPH11BA	Première année de bachelier en sciences de la motricité	(2 credits)	Mandatory
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