

Faculty of Medicine



EDPH1023 Athletics 2

[0h+30h exercises] 2 credits

Teacher(s): Valérie Mees
Language: French
Level: First cycle

Aims

At the end of this educational module, the student will have acquired enough experience and mastery in the specific techniques of the codified events of athletics in order to learn subsequently the specific didactic of this discipline.

Main themes

The activities taken up reaching these aims will be diversified. They will allow the learning of specific techniques of the codified events of athletics: at least one running, one jumping and one throwing event that are not taught in the course EDPH 1104 Athletics.

Content and teaching methods

The whole of the situations try out the fundamental skills of the three families of the athletics: races-jumps-throws. The acquisition of these fundamental skills will be completed by the learning of specific techniques: hurdle races - 400 m - cross-country-long jump - the javelin throwing.

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

Pre-requisite Athletics 1

Evaluation Continuous and/or final for the practical part with a possible questioning and/or final examination in order to verify the acquisition of the knowledge associated with practice.

Support Class file

Supervision Titular professor(s), technical adviser(s) and/or assistant(s) possibly helped by monitor students

Others

Other credits in programs

EDPH11BA	Première année de bachelier en sciences de la motricité	(2 credits)	
EDPH12BA	Deuxième année de bachelier en sciences de la motricité	(2 credits)	Mandatory