

Faculty of Medicine

EDPH1025 **Gymnastics and acrobatic sports 2**

[0h+30h exercises] 2 credits

Teacher(s): Dominique De Jaeger
Language: French
Level: First cycle

Aims

The students will be able to perform fundamental gymnastic and acrobatic movements. They will develop their spatial orientation, motor coordination, physical strength and flexibility.

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.

Content and teaching methods

Will be completed by the titular professor when the courses will be attributed

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

Pre-requisite
 Evaluation
 Support
 Supervision
 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