

## Faculty of Medicine



### EDPH1026 Fitness

[0h+30h exercises] 2 credits

**Teacher(s):** Marc Francaux (coord.), Thierry Marique  
**Language:** French  
**Level:** First cycle

#### Aims

At the end of this entity of teaching, the student will be able to frame an activity of fitness.

#### Main themes

Initially, the student will be initiated with the practice of the various aspects of the fitness (cardio-fitness and stretchings and reinforcements muscular) and with the relevant use of modern equipment. This course will also contribute to optimize basic physical qualities (force, endurance, flexibility) of the student. Across this personal reinforcement, the student will be conscientisé with didactic specific not only in one room equipped well but also under less favorable conditions.

#### Content and teaching methods

Strength training  
 Cardio training  
 Stretching  
 Swiss Ball exercises  
 Bach care  
 Group classes (step, aerobic)

#### Other credits in programs

<b>EDPH12BA</b>	Deuxième année de bachelier en sciences de la motricité	(2 credits)	Mandatory
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