

Faculty of Medicine



EDPH2109 Methodology of swimming

[0h+37.5h exercises] 2 credits

Teacher(s): Thierry Marique
Language: French
Level: Second cycle

Aims

At the end of this entity of teaching, the student will be able to intervene under constraining ergonomic conditions for him (resonance, moisture) and for his pupils (restricted space, difficulty in perceiving the feedback of the teacher, cooling).

Main themes

The student will have a broad didactic luggage, since the sensitizing of the beginner in the aquatic environment (balance, immersion, vision, breathing, displacement, propulsion) until the training and to the improvement of the techniques of stroke. Moreover, it will be able to teach watery plays or sports. He will use tools appropriate to the evaluation of progress and performances. He will have the essential reference marks to analyze his interventions according to the rate of participation of his public and his driving engagement. It will be able to justify its didactic choices and to state its theoretical reference frames.

Content and teaching methods

Ø technical Revision + video Recording and analyzes of stroke
 Ø Installation of situations of habituation and training
 Ø Éducatifs of stroke
 Ø Micro teaching

Other credits in programs

EDPH21	Première licence en éducation physique	(2 credits)	Mandatory
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