

Faculty of Medicine



EDPH2114 Methodology of athleticism

[0h+37.5h exercises] 2 credits

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

Aims

To acquire the principles and the specific methodological means of the athletics

Main themes

To use the athletics as means of education of the young people. With this intention, it will be a question of learning with: - to lay down objectives general and specific in adequacy to the group concerned; - to structure the trainings according to the laid down objectives.

Content and teaching methods

- To animate a group in athletic activities. - To evaluate a group in athletic activities. From the topics suggested by the teacher, the students will have animates their group-class. The topics approached will be based on athletic disciplines learned in candidatures enriched by disciplines not yet considered (relay race - triple jump - throwing the hammer...)

Other credits in programs

EDPH21	Première licence en éducation physique	(2 credits)	Mandatory
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