

## Faculty of Medicine



### EDPH2231 Training in athletics

[0h+30h exercises] 1.5 credits

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

#### Aims

To include/understand and try out the general principles of the drive by applying them to specific drives of the athletics. To make the student autonomous in the planning of the management of its own drive. To allow the student to build a plan of drive adapted to the public concerned.

#### Main themes

This course will be in close connection with the course "Theory of the drive" and will aim at a concrete application of the studied theoretical principles. Realization of a notebook of personal drive.

#### Content and teaching methods

Among the whole of the athletic disciplines, students will choose a race and either a jump or a throw. On the basis of pretest, students will define a final performance.

For each course, students will create their own training plan and will practise it concretely (warm up, technical exercises, volume, intensity, recovery...).

#### Other credits in programs

<b>EDPH22</b>	Deuxième licence en éducation physique	(1.5 credits)
---------------	--	---------------