

## Faculty of Medicine



### KINE1001 Basic psychomotor skills

[15h+90h exercises] 8 credits

**Teacher(s):** Thierry Marique  
**Language:** French  
**Level:** First cycle

#### Aims

At the end of the course the successful student will possess a strong personal background in motor activities and the competence to understand basic motor skills. He/she will be able to analyse different components of human movement with respect to perception, performance or relation. This dimension is extended by a part of the course focusing on basic motor skills in the water.

The major aim is to develop the student's own experience so that he/she will be able to promote adaptations to populations with special needs.

#### Main themes

The course content is based on 4 major aspects

- fundamentals of physical activity: positioning, basic movements and factors determining motricity (endurance, muscle work, rythm, posture, support, ...)
- individual activities with and without instruments
- collective activities with a special focus on behavioural adjustments to instruments, partners and opponents
- basic aquatic education (0-30)

In relation to these practical courses, the major theoretical concepts underlying human movement will be addressed through the principal components of physical activity (execution, psychomotor competencies and socio-affective dimensions) and the particular contexts of practice (including aquatics).

#### Content and teaching methods

Fundamental motricity (30h): Work of fundamental physical qualities in bond direct with the physical health of the individual: endurance, force, flexibility individual Motricity (15h): Ø Work on "balance" in situation gradually more daring while placing the accent on the feeling of the "postural" placement. Ø Work on the "handling operations of loads". Ø Meetings in form more ludic and learning how to the coeds into practice to put the situations of handling and audacity (in full safety for the 2 or 3). "the acro-gym" is one of the means to reach that point. Collective motricity (15h): Ø Adaptation of the behavior: relation with the machine Ø Adaptation of the behavior: relation with partners and/or adversaries watery Motricity (15h): Ø general watery Education Ø Training of the techniques of stroke Ø safety in aquatic environment Left theoretical (30h)

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

Pre-requisite

Evaluation Written or oral examination, continuous evaluation

Support Syllabus or reference books

Supervision Titular professor, technical advisors and/or assistants, possibly aided by student assistants

Others

#### Other credits in programs

**KINE11BA** Première année de bachelier en kinésithérapie et réadaptation (8 credits) Mandatory