

Faculty of Medicine



EDPH1BA Baccalauréat en sciences de la motricité (Bachelor of Physical Education)



Study objectives

Supplying expert responses to the enormous needs of our society in terms of movement - such is the challenge that the student of Physical Education prepares to take on in the practice of this profession. The objective in studying Physical Education (EDPH), as offered at the Institute of Physical Education and Rehabilitation (IEPR), is thus to become an expert in movement, capable of optimising the motor potential in man and his health.

The EDPH expert :

- masters the characteristics of movement and its effects for educative purposes
- is well acquainted with the target groups, particularly in terms of age and motor, physiological, psychological and sociological characteristics.

He is capable of organising, communicating and mobilising his knowledge and skills appropriately. He is open to evaluating his methods and techniques rigorously and to updating them on a regular basis.

General presentation of the programme

It is through the study of movement that the Institute of Physical Education and Rehabilitation affirms its specialisation within the University and society.

The two principal programmes of the IEPR are Physical Education and Kinesitherapy and Rehabilitation.

The evolution of these disciplines situates the IEPR in a much wider environment - namely that of Movement Science.

Therefore, at the beginning of their studies in Physical Education, the students share their general training in sciences and a part of that of Movement Science with the students of Kinesitherapy and Rehabilitation. This partial equivalence of the training programme facilitates study re-orientation if so desired.

Studies in Physical Education are based on the mastery of physical activities and of sports disciplines.

This practical training provides a balance with the studies in Movement Science.

The bachelor's course in Physical Education totals 180 credits, divided, for a standard programme, into 3 years of 60 credits.

This three year division takes the prerequisites into account and is the standard programme for any student who passes each year of his course.

The 150 credits obtained from the compulsory training programme are completed by 30 credits of personalised studies that the student may choose from among several options.

As from the second year of the bachelor's, the student may therefore opt for any of the following:

- for a collection of options and associated work experience which complements the practical sports training : From audacity in security to climbing - Outdoor Endurance Sports and associated work experience - Nature and physical and sports activities - Racket Sports - Self-defence
- for an ensemble of specific courses in Kinesitherapy and Rehabilitation (this second optional course possibility also makes it easier for the student to envisage obtaining two diplomas - one in Physical Education and one in Kinesitherapy and Rehabilitation)
- for an opening in another subject taught at UCL, by means of a minor proposed by another UCL faculty, on a parallel with the pursuit of the studies in Physical Education.

Principal Subjects

The training delivered during the bachelor's of Physical Education owes its richness and its specific nature to its multiple anchorages. From the very first year of studies on, the standard programme provides the student with specific practical training in Physical Education. This practical training, of around 8 hours per week, is linked to specific theoretical studies (2 hours per week) as well as to studies in the Basic Sciences, shared with the students of Kinesitherapy and Rehabilitation (10 hours per week). The specific nature of the Physical Education programme is thus present right from the outset and is reinforced from the second year on.

Similarly, from the second year of the bachelor's studies on, the standard course offers the student the possibility of options which will enable him to enrichen his training programme.

Scheduled around twenty hours per week, the programme leaves the student with sufficient time for study and personal training.

The bachelor's of Physical Education thus totals 180 credits, divided, for a standard programme, into 3 years of 60 credits. This

three year division takes the prerequisites into account and is the standard programme for any student who passes each year of his studies.

Practical methodological training specific to the EDPH :

Physical, sportive and expression activities : Athletics - Dance and expression activities - Fitness - Artistic Gymnastics and acrobatic sports - Games and group sports - Swimming - Physical and sports activity methodologies.

Studies in the Exact, Biomedical and Human Sciences and Movement Science, shared with Kinesitherapy :

Anatomy - Analysis of Movement - Biology - Chemistry - Interpreting and processing data - Mechanics and Bio-mechanics - Neuro-physiology and Neuro-psychology - Philosophy- Physiology - Psychology - Life-saving, Resuscitation and dealing with on-the-spot emergencies (theory and practice).

Studies in Movement Science specific to the EDPH :

Physical and Sportive Activities (APS) among the sciences and human practices - Biomechanics applied to sports - Growth and ageing - Socio-historical, juridical, economic and institutional dimensions of APS - Theory of practising APS - Communication Techniques in Physical Education (theory and practice).

Language training

Minors or other options available

The 150 credits obtained from the compulsory studies are completed by 30 credits from personalised courses that the student selects from among several options.

From the second year of the Bachelor's programme on, the student may therefore opt for any of the following : (répété!)

- for a collection of options and associated work experience which complements the practical sports training : From audacity in security to climbing - Outdoor Endurance Sports and associated work experience - Nature and physical and sports activities - Racket Sports - Self-defence
- for an ensemble of specific courses in Kinesitherapy and Rehabilitation (this second optional course possibility also makes it easier for the student to envisage obtaining two diplomas - one in Physical Education and one in Kinesitherapy and Rehabilitation)
- for an opening in another subject taught at UCL, through the choice of a minor proposed by another UCL faculty, on parallel with the pursuit of the studies in Physical Education. **Cette parape est répétée! voir ci-dessus.**

Evaluation

In the first year, during the month of November, a compulsory test is organised to enable the students to evaluate to what extent their work corresponds to the expectations of the University programme.

The exams are organised in the form of two main sessions : one in January and the other in June. The September session is for re-sits.

For the theoretical courses, the evaluation is conducted in the form of a written or oral exam, depending on the course, and may be combined and/or replaced by elements of ongoing evaluation.

For the practical training sessions, the evaluation is ongoing and may be completed by a final evaluation. In the case of certain courses, the practical training, oral exams and/or the final exam are equally organised to verify the theoretical knowledge in direct association with the practical know-how.

The evaluation procedures for each course are communicated to the students at the beginning of the session.

Admission to the programme

The conditions and regular admission requirements are specified on the web page "Access to Studies":

<http://www.ucl.ac.be/etudes/libres/en/acces.html>

Specific admission conditions

A medical aptitude check-up is organised by the IEPR between the 20th and 24th June, 2005 and between the 22nd August and 16th September, 2005. Individual appointments should be made via UCL's Sports Medical Service (tel. 010/47 44 46).

This medical check-up is a condition for any participation in the practical training in Kinesitherapy and/or practical course sessions.

In addition to the general admission conditions, good health, a solid physical condition and an intellectual open-mind constitute the necessary qualities to succeed in these studies.

Positioning of the programme

Positioning of the programme within the University cursus

The corresponding master's programme is accessible without any prerequisites : the title of "Bachelor" allows access to the master's of Movement Science with the Physical Education orientation which integrates, for those who so desire, teacher-training for secondary schools.

Other studies accessible upon completion of the programme

Master's programme accessible with complementary prerequisite : Master's of Kinesitherapy and Rehabilitation.

Useful contacts

Programme management

IEPR Institut d'éducation physique et réadaptation

Secretary's office for the Institute of Physical Education and Rehabilitation
Tel. 010 /47 44 18

Study Advisor

For the first year of the Bachelor's : Jacques Van Rillaer
For the second year of the Bachelor's : Jean-Pierre Renard

Exam Juries

1st year of the Bachelor's

President of the jury : Th. Marique
Secretary of the jury : C. Delens

2nd year of the Bachelor's

President of the jury : still to be determined
Secretary of the jury : still to be determined

List of accessible minors

- Minor in Theology
- Minor in Philosophy
- Minor in Law
- Minor in Criminology
- Minor in Information and Communication (*)
- Minor in Political Sciences
- Minor in Sociology and Anthropology
- Minor in Humanities and Social Sciences
- Minor in Economics (opening)
- Minor in Business Studies
- Minor in Linguistics
- Minor in Hispanic Studies (*)
- Minor in Italian Studies (*)
- Minor in French Studies (*)
- Minor in Latin Studies
- Minor in Greek Studies
- Minor in Oriental Studies
- Minor in Literature Studies
- Minor in History
- Minor in Medieval Studies
- Minor in History of Art and Archaeology (*)
- Minor in Musicology
- Minor in Psychology and Education (*)
- Minor in Human Nutrition
- Minor in General Biomedical Sciences
- Minor in Clinical Biomedical Sciences
- Minor in Medication Sciences (*)
- Minor in Geography (*)
- Minor in Statistics
- Minor in Urban Architecture
- Minor in Computing Science (*)
- Minor in Mathematics and Mathematical Applications
- Minor in Gender Studies
- Minor in Culture and Creation
- Minor in European Studies

(*) *Minor with access criteria.*

Detailed content of standard programme

EDPH 11BA First year of studies

Practical training specific to the EDPH

<u>EDPH1001</u>	Fundamentals of team sports and games[0h+30h] (2 credits) (in French)	Philippe Gérard, Thierry Marique (coord.)
<u>EDPH1002</u>	Basement of physical and sports activities[0h+30h] (3 credits) (in French)	Thierry Marique
<u>EDPH1003</u>	Fundamentals of expression activities[0h+30h] (2 credits) (in	Dominique De Jaeger, Cécile Delens,

	French)		Cécile Delens (coord.), Cécile Delens (supplée Dominique De Jaeger)
<u>EDPH1004</u>	Swimming 1[0h+30h] (2 credits) (in French)		Marc Francaux, Thierry Marique (coord.)
<u>EDPH1005</u>	Collective sports[0h+60h] (4 credits) (in French)		Philippe Gérard (coord.), Thierry Marique
<u>EDPH1006</u>	FOUNDATIONS OF GYMNASTICS AND ACROBATIC SPORTS (PARTS A and B)[0h+30h] (2 credits) (in French)		Dominique De Jaeger
<u>EDPH1007</u>	Athletism 1[0h+30h] (2 credits) (in French)		Valérie Mees
<u>EDPH9001</u>	Pratique complémentaire d'une activité physique et sportive 1(3 credits) (in French)		N.
Theoretical training in Movement Sciences specific to the EDPH			
<u>EDPH1008</u>	Physical and sports activities amongst human sciences and practices[30h] (3 credits) (in French)		Cécile Delens (coord.), Thierry Marique
<u>EDPH1009</u>	Fundamental questions about and within sports[30h] (3 credits) (in French)		Ghislain Carlier (coord.), Marc Francaux
Foundation studies in the Exact and Biomedical Sciences (shared with KINE)			
<u>IEPR1001</u>	General chemistry and biomolecules[30h+15h] (4.5 credits) (in French)		Patrick Henriet
<u>IEPR1002</u>	Essentials of systematic and functional anatomy[45h] (6 credits) (in French)		Catherine Behets Wydemans, Marc Louis
<u>IEPR1003</u>	Treatment of data[15h+15h] (3 credits) (in French)		Philippe Gérard, Jean-Pierre Renard (coord.)
<u>IEPR1004</u>	Cell biology and fundamentals in histology[45h] (4.5 credits) (in French)		Patrick Henriet, Philippe van den Bosch Sanchez de Aguilar
<u>IEPR1005</u>	Mechanics and biomechanics[52.5h+22.5h] (10 credits) (in French)		Pierre Defrance, Patrick Willems (coord.)
Foundation studies in Human Sciences (shared with KINE)			
<u>IEPR1006</u>	Philosophy, the body and movement[30h] (3 credits) (in French)		Philippe Thiry
<u>IEPR1007</u>	Psychology[30h] (3 credits) (in French)		Jacques Van Rillaer

EDPH 12BA Second year of studies

A. Compulsory courses

Practical studies specific to the EDPH

<u>EDPH1021</u>	Expression[0h+30h] (2 credits) (in French)		Dominique De Jaeger, Cécile Delens, Cécile Delens (coord.), Cécile Delens (supplée Dominique De Jaeger)
<u>EDPH1022</u>	Swimming 2[0h+30h] (2 credits) (in French)		Marc Francaux, Thierry Marique (coord.)
<u>EDPH1023</u>	Athletics 2[0h+30h] (2 credits) (in French)		Valérie Mees
<u>EDPH1024</u>	Team sports and games[0h+60h] (4 credits) (in French)		Philippe Gérard (coord.), Thierry Marique
<u>EDPH1025</u>	Gymnastics and acrobatic sports 2[0h+30h] (2 credits) (in French)		Dominique De Jaeger
<u>EDPH1026</u>	Fitness[0h+30h] (2 credits) (in French)		Marc Francaux (coord.), Thierry Marique
<u>EDPH9012</u>	Pratique complémentaire d'une activité physique et sportive 2 (stage)(2 credits) (in French)		Cécile Delens, Thierry Marique

Theoretical training in Movement Sciences specific to the EDPH

<u>EDPH1028</u>	Sports biomechanics[30h] (3 credits) (in French)		Dominique De Jaeger, Pierre Defrance, Patrick Willems, Patrick Willems (coord.), Patrick Willems (supplée Dominique De Jaeger)
<u>EDPH1029</u>	Communication, observation and auto-evaluation in physical education[15h+30h] (3.5 credits) (in French)		Jean-Pierre Renard
<u>EDPH1030</u>	Theoretical basis of sport and physical activity training, and theoretical basis of motor learning[45h+0h] (4 credits) (in French)		Dominique De Jaeger, Thierry Marique (coord.), Jacques Van Rillaer (supplée Dominique De Jaeger)

Shared training with KINE in Biomedical, Human and Movement Sciences

<u>IEPR1021</u>	Cellular physiology[30h] (3 credits) (in French)		Marc Francaux (coord.), Norman Heglund
<u>IEPR1028</u>	Functional anatomy of the locomotor system[52.5h+7.5h] (7 credits) (in French)		Catherine Behets Wydemans (coord.), Marc Louis, Xavier Sturbois
<u>IEPR1022</u>	Systems Physiology[30h+15h] (4 credits) (in French)		Marc Francaux (coord.), Norman Heglund, Maurice Wibo

Language course

ANGL1851 Reading and Listening comprehension[60h] (4.5 credits) Susan Jackman, Jean-Paul Nyssen

B. Minors or other available options

The student will choose from among the following :

Minor

Minor external to the IEPR, offered at UCL (from the list) - part 1 (15 credits)

Groups of courses according to choice

For all students except those who choose a minor external to the IEPR :

EDPH1031 Autodefense[0h+30h] (2 credits) (in French) N.

One of the following courses :

EDPH1032 Racket sports and associated training course[0h+60h] (13 credits) (in French) Thierry Marique

EDPH1033 Outdoor endurance sports and practical training[0h+60h] (13 credits) (in French) Thierry Zintz

or

An ensemble of courses from the KINE programme for which the student fulfils the prerequisites, for a total of 13 credits.

Special training "path" :

EDPH1222 Etudiant chercheur 1(13 credits) (in French) N.

EDPH 13BA Third year of studies**A. Compulsory courses****Practical and methodological training specific to the EDPH**

EDPH1042 Methodology of swimming[0h+37.5h] (3 credits) ▲ (in French) N.

EDPH1043 Didactic of athletics[0h+37.5h] (3 credits) ▲ (in French) N.

EDPH1044 Didactic in team sports and games[7.5h+67.5h] (5.5 credits) ▲ (in French) N.

EDPH1045 Teachings methods for acrobatic sports[0h+37.5h] (3 credits) ▲ (in French) N.

EDPH1041 Methodology of danse and expression activities[0h+37.5h] (3 credits) ▲ (in French) N.

Theoretical training in Movement Sciences specific to the EDPH

EDPH1047 Development and ageing : psychological and motor approach[45h+0h] (5 credits) ▲ (in French) N.

EDPH1048 Legal, economic and institutional aspects of physical and sport activities[30h+0h] (3 credits) ▲ (in French) N.

Language course**The student will choose from among :**

ANGL2451 English: Interactive communication[30h] (2 credits) Claudine Grommersch, Nathalie Heiderscheidt, Jean-Paul Nyssen

NEER2451 Communicative Dutch for Masters in Physiotherapy, Sports and Physical Training[30h] (3 credits) Nadine Dermaut

Training courses shared with KINE in Movement Sciences

IEPR1025 Physiologie et biochimie de l'exercice et nutrition[75h] (8 credits) ▲ (in French) N.

IEPR1023 Life saving, resuscitation and first aid[30h+30h] (4 credits) (in French) Jean Bernard Gillet, Dominique Vanpee

IEPR1024 Fundamentals of neurophysiology and neuropsychology in motor control and motor learning[45h+0h] (5 credits) (in French) Marcus Missal, Etienne Olivier

B. Minors or other available options

The student will choose from among the following possibilities :

Minor

Minor external to the IEPR, offered at UCL (from the list) - part 2 (15 credits)

Groups of courses according to choice

For all students except those who choose a minor external to the IEPR :

EDPH9013 Pratique complémentaire d'une activité physique et sportive 3 (stage)(2 credits) (in French) N.

One of the following courses :

<u>EDPH1052</u>	Confidence and safety in free climbing and associated training course[0h+60h] (13 credits) 🇫🇷 (in French)	N.
<u>EDPH1053</u>	Nature and physical activities and associated training course[0h+60h] (13 credits) 🇫🇷 (in French)	N.

or

An ensemble of courses from the KINE programme for which the student fulfils the prerequisites, for a total of 13 credits.

Special training "path"

<u>EDPH1322</u>	Etudiant chercheur 2(13 credits) (in French)	N.
<u>EDPH1323</u>	Etudiant moniteur(13 credits) (in French)	N.