

## Faculty of Medicine



### EDPH1025 Gymnastics and acrobatic sports 2

[0h+30h exercises] 2 credits

**Teacher(s):** Dominique De Jaeger  
**Language:** French  
**Level:** First cycle

#### Aims

The students will be able to perform fundamental gymnastic and acrobatic movements. They will develop their spatial orientation, motor coordination, physical strength and flexibility.

#### Main themes

Major topics presented in this teaching unit include :

1. Physical preparation : strength and flexibility in order to allow correct learning and realisation of gymnastic and acrobatic skills.
2. Technical preparation :
  - learning fundamental gymnastic and acrobatic skills
  - preparation for further learning of more complex skills.

#### Content and teaching methods

Will be completed by the titular professor when the courses will be attributed

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

Pre-requisite  
 Evaluation  
 Support  
 Supervision  
 Others

#### Other credits in programs

<b>EDPH12BA</b>	Deuxième année de bachelier en sciences de la motricité	(2 credits)	Mandatory
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