

## Faculty of Medicine



### EDPH1030 Theoretical basis of sport and physical activity training, and theoretical basis of motor learning

[45h+0h exercises] 4 credits

**Teacher(s):** Dominique De Jaeger, Thierry Marique (coord.)  
**Language:** French  
**Level:** First cycle

#### Aims

Part A : The students will understand the theoretical foundations of training strategies for improving performance in non competitive physical activities as well as in individual and collective sports. They will be able to correctly analyse usual practices in sports and physical activities. (part A)

Part B : the students will acquire theoretical references in motor learning, useful for their professional practices.

#### Main themes

Sports training is a multifactorial structured process (content, methods, organization, evaluation, planification) that includes the learning of complex technical movements.

The main topics presented in this teaching unit are :

- part A (30h), the biological dimension : development of basic physical capacities of strength, speed, flexibility and cardiovascular endurance.
- part B (15h), principal models in motor control and learning, motor learning variables, and practical applications will be presented.

#### Content and teaching methods

1. Introduction
2. The sporting performance
3. The process of drive
4. Principles of drive
5. Methodology and planning of drive
6. Physiological bases of drive
7. The drive of physical qualities basic
8. The drive of the driving and cognitive skills
9. Determinants of the performance

**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	(4 credits)	Mandatory
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