

Faculty of Medicine

**EDPH1033 Outdoor endurance sports and practical training**

[0h+60h exercises] 13 credits

Teacher(s): Marc Francaux (coord.), Thierry Zintz
Language: French
Level: First cycle

Content and teaching methods

Triathlon is chosen as a didactical and practical support for this course. Students are submitted to a training program in order to improve their level in triathlon. By doing this they discover practical aspects of triathlon as well as bio-medical theories and training methodology. By reading some papers related to biomechanics and training theory applied to triathlon they prepare a seminar. The aim of this seminar is to relate their practice of triathlon to different scientific elements.

A triathlon (Olympic distance, 1,5 km swimming, 40 km biking, 10 km running) closes the course and is a kind of challenge for the students.