

## Faculty of Medicine



### KINE1025 Physical activities and sports

[0h+30h exercises] 2 credits

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

#### Aims

At the end of the course the successful student will be able to understand and control different aspects related to movement within the disciplines of physical education and sports. He/she will be able to analyse a motor activity with respect to different dimensions, such as bioenergetics, psychomotor and social aspects as well as biomechanics. The course will be centered around the possible adaptations to populations with special needs.

#### Main themes

The course content is designed to

- improve the student's body awareness and individual motor skills with and without instruments and partners
- improve the students motor skills in different sport activities

#### Content and teaching methods

15 hours of sporting practice to orientation Basketball and 15 hours with orientation Volley ball: Ø Découverte and comprehension of the discipline in its constraints and requirements driving and physics Ø Compréhension and experimentation of the necessary driving adaptations Ø Analyse of the driving tasks as well driving skills as cognitive

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

Pre-requisite Basic psychomotor skills  
 Evaluation Continuous evaluation  
 Support Syllabus  
 Supervision Titular professor  
 Others

#### Other credits in programs

**KINE12BA** Deuxième année de bachelier en kinésithérapie et réadaptation (2 credits) Mandatory