

Faculty of Medicine



APSC7001

Construire son programme d'activités physiques et sportives et l'évaluer

[15h+15h exercices] 6 credits

Teacher(s): Cécile Delens, Marc Francaux (coord.)
Language: French
Level:

Aims

At the end of this activity of formation, the student will have the first keys to evaluate the quality of his personal physical practices. In this reflexive analysis on its own practices of APS, it will be more particularly suited to an evaluation in term of diversity, complementarity, benefit, condition and health risks particular of (of) the type of practice which it carries out.

Main themes

The topic of deepening specific to this seminar will be to study the diversity and the complementarity of the existing techniques in the field of motricity (techniques of wellbeing of physical, practical the conditioning type sporting, management sciences of the stress and tiredness, sedentary techniques). Physical Quel(s) types(s) of practice to meet which objectives in bond with health? The student will be sensitized with the interest of a personal experimentation of varied physical activities. The student will engage in a planned and reflected regular practice physical and sporting activity (a volume of 2 with 3h of physical and sporting activities per week will be gradually reached).

Content and teaching methods

Introduction
 Exercise testing
 Stretching
 Relaxation
 Training journal
 Handling of objects
 Psycho-sociology of physical activities
 Nutrition and physical activity

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

Prérequis: Support on "the physical and sporting activity among the human sciences and practices" **Evaluation:** Written or oral examination and/or elements of continuous evaluation. The student will present, analyze and justify a "file of personal practice" according to the acquired keys of analysis. He will show how he built his physical and sporting activity throughout the year while making converge the analysis of his needs and the richnesses available on the site.

Support: File run **Encadrement:** Holder and/or assistant, aidé(s) possibly by Different student monitor: The personal practice (3u-ects) will be the subject of a choice built by the student and negotiated with the coordinators of program. It will be carried out (at least for half) in a framed structure (activities - chart of the service of the sports - project IEPR - course IEPR...).