

Faculty of Medicine



EDPH2253 Theory of sports training

[60h] 4 credits

Teacher(s): Marc Francaux, Philippe Godin, Thierry Marique
Language: French
Level: Second cycle

Aims

To allow the student to acquire competences necessary to be able to set up the strategies of drive essential to the improvement of the performances of a sportsman or a sporting team.

Main themes

The sporting drive is a complex process, multifactoriel which must be structured (contained, methods, organization, evaluation and planning) in order to carry out the best performance. Accordingly, the sporting drive will be approached under all the facets of the human person, namely: - biological dimension (development of fundamental physical qualities, force, speed, endurance, flexibility) - technical dimension (driving and cognitive skills) - psychosocial dimension (personalities, emotion and anxiety, regard and the assertion of oneself, the motivation and the attention, the styles cognitive and the decision-making, the relations between trainers, athletes and parents, the methods of regulation and control)

Content and teaching methods

Part I

Introduction
 Scientific principles of sport training
 Biological adaptation and overcompensation
 Energy system
 Strength-speed-power
 Overtraining
 Planning sport practice
 Performance testing
 Training for individual and team sports

Part II

1. Sport and exercise psychology. 1.1. Definition and areas. 1.2. The job of te sport psychologist. 1.2.1. Psychological intervention and psychological preparation: which differences? 1.2.2. His limits. 2. The fonctionning of the athlete. 3. Efficacy and non efficacy fonctionning. 4. Scientific methods of the psychological preparation. 4.1. Cognitives. 4.2. Physiologicals. 4.3. Behavioral. 5. Clinical illustrations

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

Pre-necessary: General psychology, physiology of the exercise
 Evaluation: Oral (4 étudiants/h) or written
 Support: PowerPoint presentation on ICampus

Other credits in programs

EDPH22	Deuxième licence en éducation physique	(4 credits)	Mandatory
IEPR3DS/KS	Diplôme d'études spécialisées en sciences de la motricité (Kinésithérapie et revalidation des sportifs)	(4 credits)	Mandatory
IEPR3DS/RS	Diplôme d'études spécialisées en sciences de la motricité (rééducation locomotrice et revalidation des sportifs)	(4 credits)	Mandatory
IEPR3DS/SP	Diplôme d'études spécialisées en sciences de la motricité (Entraînement des sportifs)	(4 credits)	Mandatory