

2 credits

30.0 h

Q2

Teacher(s)	Mees Valérie ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Track and field: application of theoretical principles to track and field training. Planning and managing of personal training, and elaboration of specific training plans will be taught.
Aims	<p>1 At the end of the course the successful student will have mastered this optional physical activities.</p> <p>-----</p> <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content	The course will consist of practical sessions allowing students to experiment, on an athletics track, the various parameters of training they have previously developed.
Other infos	Pre-requisite : Courses of the bachelor program Evaluation : Continuous, written works Supervision : Titular, assistant and technical adviser
Faculty or entity in charge	FSM

**Programmes containing this learning unit (UE)**

Program title	Acronym	Credits	Prerequisite	Aims
Master [120] in Motor Skills: Physical Education	EDPH2M	2		