

FOUNDATIONS OF GYMNASTICS AND ACROBATIC SPORTS (PARTS A and B)

Due to the COVID-19 crisis, the information below is subject to change, in particular that concerning the teaching mode (presential, distance or in a comodal or hybrid format).

2 credits	0 h + 30.0 h	Q1 and Q2
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Teacher(s)	De Jaeger Dominique ;Leroy Frédéric (compensates De Jaeger Dominique) ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Major topics of part A : 1. Physical preparation (strength and flexibility) : muscular actions at the pelvic and shoulder girdles; 2. Technical preparation : - major body positions : layout, arch, hollow, inverted and tuck positions. - specific movement patterns on gymnastic and acrobatic apparatus : jumping (on feet and hands), landing, balancing, forward and backward tumbling, twisting, moving on the hands and swinging. Major topics of part B : - gymnastic and acrobatic movement patterns on different apparati in gradually more complex situations : higher, more aerial, greater execution speed - learning of basic gymnastic and acrobatic skills (combinations of movements patterns and body positions)
Aims	<p>1 The students will be able to perform some basic gymnastic and acrobatic skills; they will develop their strength, flexibility, spatial orientation and motor coordination.</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	Will be completed by the titular professor when the courses will be attributed
Other infos	Pre-necessary Continuous and/or final Support File of course Framing Holder, advisers technical and/or assistants possibly helped by students monitors.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Aims
Bachelor in Motor skills : General	EDPH1BA	2		