

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Prerequisites	<i>The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.</i>
Main themes	Initially, the student will be initiated with the practice of the various aspects of the fitness (cardio-fitness and stretchings and reinforcements muscular) and with the relevant use of modern equipment. This course will also contribute to optimize basic physical qualities (force, endurance, flexibility) of the student. Across this personal reinforcement, the student will be conscientisé with didactic specific not only in one room equipped well but also under less favorable conditions.
Learning outcomes	At the end of this learning unit, the student is able to : 1 At the end of this entity of teaching, the student will be able to frame an activity of fitness.
Content	Strength training Cardio training Stretching Swiss Ball exercises Back care Group classes
Other infos	Rating: Continue and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice. Format: Folder Course Framing: Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	2	LFSM1102 AND LEDPH1002	