


12.00 credits

0 h + 60.0 h

Q1 and Q2

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	<p>Main themes addressed to meet these objectives:</p> <p>In the practical part of the course (45h), examples of activities favoring contact with nature will be discussed. Examples: movement and nature - hebertism - horse riding - APS of nature and adventure (Kayak, pedestrian rally, daring course in nature, ...), etc.</p> <p>In the seminar part (3 p.m.) the following themes will be studied: contact with nature as a motivation for the practice of APS, physical activity in a polluted atmosphere, herbertism, as well as the theoretical bases useful for the chosen practices.</p> <p>The associated internship (7 ects) concerns complementary activities, the objectives of which may be: - the diversification of content: the activity is then an internship (s) outside IEPR depending on the case as a participant and / or as a co-speaker , - the deepening of a question related to the theme of the course (eg didacticization of contents or realization of support for the observation of a precise dimension of nature, ...) the realization is then a "work" (written, video, ...), - the organization (s) of nature and APS type event (s) (a nature walk cycle, a family-type bike rally, ...): the realization is then the event (including its preparation and evaluation). This "internship" part will possibly be personalized according to the students' training plans and will be the subject of an individual or collective file depending on the situation.</p>
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>1 After this educational entity, the student will have technical representative activities emphasizing physical contact with nature as a motivational physical activity. This teaching is involved in the axis "welfare" of training in physical education.</p>
Evaluation methods	The final evaluation is established by submitting activity reports either in written form or in audio-visual form. These should be illustrated with references to scientific studies, books and thoughts related to the content of the activity.
Teaching methods	On this basis, the student is invited to live experiences of movement in the heart of nature (internship, unsupervised practices) which will complement his training.
Content	<p>Nature as a channel of movement, movement as a catalyst for life in nature ...</p> <p>These are two of the axes of the course. To carry out these approaches, the team of teachers offers supervised practices such as: initiation to Nordic walking, orienteering, trail running, outdoor training (hebertism 2.0) and nature discovery (botany, ornithology, mycology, awakening of the senses etc.).</p> <p>Moreover, in order to integrate this content into a global vision of living things, a reflection is carried out with regard to certain great thinkers who have contributed to the construction of deep ecology (Aristotle, Montaigne, Spinoza, Thoreau, Naess ...).</p>
Other infos	<p>This course is strictly reserved for FSM students, its access is not possible to other UCLouvain students. For students with limited financial means, a possible aid procedure by the UCL help service must be developed on the basis of an assessment of the possible specific costs of the activities (in particular internships)</p> <p>Given the specificity of the bachelor and the master and the professional recognition that obtaining the academic degree of the master's degree in Motor Sciences, physical education orientation automatically entails, we inform the students registered for the Bachelor in Motor Sciences, that the The absence of EU LEDPH1053 follow-up, even for justified medical reasons, will make the assessment of the EU impossible with the consequence of the impossibility of acquiring the corresponding credits.</p>
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Additionnal module in Motor skills	APPEDPH	12		
Bachelor in Motor skills : General [Réforme 2024]	EDPH1BA	12	LEPHY1109 AND LEDPH1002 AND LFSM1003	