

5.00 credits

0 h + 60.0 h

Q1

Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>The activities undertaken to meet these objectives will be diversified and will allow the development of the body schema and the experimentation/evaluation of fundamental socio-psycho-motor actions of the disciplines covered later in the course:</p> <ul style="list-style-type: none"> o Development of proprioception, laterality, rhythm, agility, etc. o Manipulate and control the ball (different balls) with the different parts of the body in an individual situation, then with a partner and/or against an opponent (guard, protect the ball); o Catch, throw, pass, push, dribble, etc., the ball with a partner and/or against an opponent, o Correctly perceive the trajectory of the ball, adapt your movement to position yourself adequately to intervene (catching the ball, deflecting it, etc.). o Work on strength and flexibility by emphasizing the quality of movements/postures (execution, positioning, rhythm). o Development of endurance through running training on varied terrain.
Learning outcomes	<p>At the end of this learning unit, the student is able to : Demonstrate a sufficient level of practice in psychomotor fundamentals (proprioception, agility, etc.), bioenergetic fundamentals (endurance, strength, flexibility) and communication/cooperation fundamentals of physical and sporting activities. (1.2)</p>
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	5		