

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	Francaux Marc ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>In the first part of the course, the activities covered will be diversified and will allow the experimentation of problem situations specific to aquatic activities. Swimming techniques will be approached through educational courses, different modes of movement and changes of direction on the surface and/or underwater.</p> <p>In the second part of the course, the main themes covered will be:</p> <ul style="list-style-type: none"> <li>• learning codified movement techniques (breaststroke, backstroke, crawl and butterfly)</li> <li>• learning start and turn techniques</li> <li>• introduction to rescue</li> </ul> <p>The activities proposed will be as diverse as possible and will contribute to the continuous improvement of control of the aquatic environment.</p>
Learning outcomes	<p><b>At the end of this learning unit, the student is able to :</b></p> <ul style="list-style-type: none"> <li>- Find the most relevant solution(s) to the problems constantly posed by the aquatic environment in research: <ul style="list-style-type: none"> <li>better balance;</li> <li>better breathing;</li> <li>better flotation;</li> <li>better coordination;</li> <li>1 better propulsion;</li> <li>better hydrodynamics</li> </ul> </li> </ul> <p>By making the best use of physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment.</p> <ul style="list-style-type: none"> <li>- Apply what you have learned from the first part to the four codified swimming styles (butterfly, backstroke, breaststroke, crawl) while respecting the institutional parameters governing these swimming styles (regulations) and making the best use of the physical parameters (hydrostatic and hydrodynamic) which condition them.</li> </ul>
Evaluation methods	<p>Continuous and/or final evaluation for the practical part with the possibility of question(s) and/or a final exam to verify the acquisition of the knowledge associated with the practice.</p> <p>Given the specificity of the bachelor's and master's degrees and the professional recognition that obtaining the academic degree of the master's degree in Motor Sciences, physical education orientation automatically entails, we inform students registered for the bachelor's degree in Motor Sciences that the The absence of follow-up of UE LEDPH1004, even for justified medical reasons, will make the evaluation of the UE impossible with the consequence of the impossibility of acquiring the corresponding credits. Three absences for personal reasons will be tolerated. Beyond these three absences, the total points obtained will be multiplied by the percentage of attendance to establish the final rating.</p>
Teaching methods	This is a practical course which is given in the swimming pool.
Content	<p>At the end of the first part of this body of teaching, the student will be able to find the most relevant solutions to the problems posed by the ongoing water in research: - A better balance; - Better breathing; - Better flotation; - Better coordination; - Better propulsion. utilizing physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment. In the second part of this course, students will be able to apply the achievements of the first party to the four swimming styles codified (dolphin, back, breaststroke, crawl) within the parameters governing these institutional style swims (Regulation) and utilizing the physical parameters (hydrostatic and hydrodynamic) that condition. The activities addressed to meet the objectives of the first part of the course will be diverse and will allow the testing of problem situations specific to water activities: Techniques swims will be approached through education, different modes of travel and direction changes in surface and / or under water Key topics to meet the objectives of the second part of the course: - Learning techniques codified travel (breaststroke, backstroke, crawl and dolphin) - Learning how to start and turns. - The proposed activities are as diverse as possible and contribute to the continuous improvement of the control of the aquatic environment.</p>

Inline resources	<a href="https://moodle.uclouvain.be/course/view.php?id=3365">https://moodle.uclouvain.be/course/view.php?id=3365</a>
Other infos	Prerequisites Continue evaluation and / or final practice with the possibility of interrogation (s) and / or a final exam to check the acquisition of knowledge associated with practice. File Support Course Encadrement Holder (s), counselor (s) technique (s) and / or assistant (s) possibly assisted by student monitors. Other
Faculty or entity in charge	FSM

<b>Programmes containing this learning unit (UE)</b>				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	2		