

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>The student will experience the main placements and motor actions of athletics (running-jumping-throwing) as well as their combinations. For example :</p> <ul style="list-style-type: none"> • adapt your running attitude to the distance to be covered • produce quality pulses whether horizontal or vertical, • favor a complete push of the whole body in throws • ... <p>The acquisition of these fundamentals will be supplemented by the learning of specific techniques, namely: sprint running - middle distance running - cross country - high jump - shot put.</p>
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Demonstrate correct technique for certain codified athletics events referring to the fundamentals of the three families of athletics (running-jumping-throwing). (1.2) • Adapt your running attitude and manage your effort according to the distance to be covered (sprint running - middle distance running - cross country). (1.2) • Demonstrate a sufficient level of performance in the disciplines codified in athletics to subsequently tackle specific athletics teaching. (1.2)
Evaluation methods	<p>Continuous assessment: different practical tests tested during the year.</p> <p>The final score will correspond to the average of scores obtained in each test.</p>
Teaching methods	<p>Practical exercise sessions.</p> <p>Mandatory attendance at classes.</p>
Content	<p>All the situations proposed refer to the three basic families of athletics: running-jump-start. The acquisition of these fundamentals will be complemented by learning specific techniques namely: race - race middle distance - cross - high jump - shot put.</p>
Other infos	<p>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</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	2		