

The version you're consulting is not final. This course description may change. The final version will be published on 1st June.

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	De Jaeger Dominique ;
Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Main themes	<ul style="list-style-type: none"> - Physical preparation: strength and flexibility - Technical preparation: <ul style="list-style-type: none"> • fundamental placements (straight and curvilinear alignments, tuck and pike positions) • specific motor actions on gymnastics and acrobatic sports apparatus (turning, jumping, landing, swinging in support an suspension, aligning) - Combination of motor actions and placements for learning fundamental technical movements on different apparatuses.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ol style="list-style-type: none"> 1 Correctly execute the fundamental technical placements and fundamental motor actions of gymnastic and acrobatic activities with a view to subsequently tackling the specific didactics of these disciplines (1.2).
Evaluation methods	<p>Students will be assessed at different times of the year. Participation in all tests is compulsory, and students must obtain a minimum of 40% for each test. The final mark will be the weighted mean of all the tests. The applied weighting is explained in a document available on the Moodle page of the course.</p> <p>The final mark is a maximum of 9/20 if the student has not obtained minimum 40% for one of the tests, a maximum of 8/20 if the student has not obtained minimum 40% for 2 of the tests, a maximum of 7/20 if the student has not obtained minimum 40% for 3 of the tests, a maximum of 6/20 if the student has not obtained minimum 40% for 4 of the tests, a maximum of 5/20 if the student has not obtained minimum 40% for 5 of the tests, and so on.</p> <p>The students receive 0 for the test if they are present but do not take the test. Students who are absent without valid reason from one or more evaluation sessions will receive an "A (= absent)" grade for the entire course in the June session.</p> <p>In the second session, students may choose not to present the tests for which they obtained a score of at least 40%. For these tests, the score previously obtained during the year can be kept.</p>
Teaching methods	<p>Various teaching techniques and learning situations are implemented, taking advantage of the available infrastructure.</p> <p>Special attention is paid to the quality of performance : right positioning, technically correct motion.</p>
Content	<p>Specific physical preparation : development of flexibility and strength in the scapular and pelvic girdles</p> <p>Technical preparation :</p> <ul style="list-style-type: none"> • Basic postures : tuck, pike, layout and curvilinear positions • Specific motor actions : jumping, landing, balancing, rotations, swinging, hanging a bar. • Basic acrobatic motor skills.
Inline resources	https://moodle.uclouvain.be/course/view.php?id=9760
Other infos	<p>Pre-necessary</p> <p>Continuous and/or final</p> <p>Support File of course Framing Holder, advisers technical and/or assistants possibly helped by students monitors.</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		