

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

3.00 credits

22.5 h

Q2

Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Main themes	<ul style="list-style-type: none"> <li>• definitions of health, physical (in)activity and sedentary lifestyle in a bio-psycho-social approach;</li> <li>• notions of epidemiology in relation to physical (in)activity and health;</li> <li>• the concepts of literacy and the determinants of health and physical (in)activity;</li> <li>• primary prevention through APS: physical and mental impacts</li> <li>• recommendations in terms of physical activity and sedentary lifestyle</li> <li>• methods for assessing behavior in physical activity/sedentary lifestyle/active life;</li> <li>• developing an active lifestyle habit (at all ages);</li> <li>• the relationship between health and the Sustainable Development Goals (SDGs);</li> <li>• social inequalities in health and PSA;</li> <li>• the main Belgian and international health promotion organizations</li> </ul>
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>• Differentiate between physical inactivity and sedentary lifestyle. (3.1, 9.1 and 9.3)</li> <li>• Explain what a biopsychosocial approach is. (1.1, 9.1 and 9.3)</li> <li>• Explain the fundamental concepts of epidemiology in relation to physical (in)activity and health. (2.1, 9.1 and 9.3)</li> <li>• Describe what primary prevention is through physical and sporting activity. (3.1, 3.3, 9.1, 9.3 and 8.3)</li> <li>1 • Describe the scientifically based recommendations in terms of physical activity and sedentary lifestyle. (3.1, 8.3, 9.1 and 9.3)</li> <li>• Name the methods for assessing behavior in physical activity/sedentary lifestyle/active life. (3.1, 9.1 and 9.3)</li> <li>• Say in your own words the impact of social inequalities on physical (in)activity behavior and sedentary behavior. (1.1, 1.7, 3.3, 7.3, 8.3, 9.1 and 9.3)</li> <li>• Describe the sustainable development goals related to health. (1.7, 9.1 and 9.3)</li> </ul>
Evaluation methods	Written exam with open questions and multiple-choice questions (MCQs) covering all the material covered during the course.
Teaching methods	This course will be taught face-to-face in an auditorium.
Other infos	<p>This course is reserved for FSM students. Other UCLouvain students may have access to this course on the basis of a file to be submitted to the course coordinator.</p> <p>This course is committed to transition and sustainable development.</p>
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	3		