

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	Q2
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Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Prerequisites	<i>The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.</i>
Main themes	The following topics are covered: <ul style="list-style-type: none"> <li>• Physical preparation (strength and flexibility): specific reinforcement of muscular actions enabling the correct execution of the gymnastic and acrobatic praxis covered.</li> <li>• Technical preparation: learning gymnastic and acrobatic praxis with a view to being able to link them together.</li> </ul>
Learning outcomes	<b>At the end of this learning unit, the student is able to :</b> <ul style="list-style-type: none"> <li>• Demonstrate correct technique in the isolated or linked execution of fundamental gymnastic and acrobatic movements on different apparatus (1.2).</li> <li>• Identify technical errors in the execution of these movements by self or peers (1.1, 1.2).</li> </ul>
Other infos	This course is strictly reserved for FSM students. It is not open to other UCLouvain students.
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	LFSM1102 AND LEPHY1100 AND LEPHY1106	