

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

5.00 credits	0 h + 30.0 h	Q1
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Language :	French
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	<p>The following topics will be covered:</p> <ul style="list-style-type: none"> • Avoiding contact by dodging and parries • Movement, positioning and counter and riposte techniques • Techniques for disengaging from different types of holds or belts, whether standing or on the ground • Learning different types of falls or avoiding them by recovering balance • Controlling the aggressor • Application in a variety of situations • Methodology: differentiation and progression according to age group.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Assess an aggressive situation quickly and correctly (1.1 and 1.2) • Control their emotions (1.2 and 8.2) • React confidently to an aggressive situation (1.2) • Give help and organise help for a person in danger of being attacked (1.2, 1.3, 1.4, 1.5) • Set up a self-defence session for different age groups (1.1, 1.3, 1.4, 1.5, 4.1, 4.2, 8.1, 8.3 and 8.4) • Intervening with peers (1.3, 1.4, 1.5, 1.8, 4.1, 4.2, 4.3 and 8.2)
Other infos	This course is strictly reserved for FSM students. It is not open to other UCLouvain students.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
In-depth sports training	APPEDPH	5		