

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

Q2

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"> <li>• Theoretical, safety, regulatory and technical bases for nature-based PSAs</li> <li>• Identification of elements of the practice environment, e.g. local fauna and flora.</li> <li>• Personal learning in the outdoor activities taught (e.g. possibilities: Nordic walking, orienteering, trail running, outdoor training, kayaking, walking rallies, daring courses in nature, etc.). )</li> <li>• Didactic approach to coaching beginners in the disciplines taught</li> <li>• Effects of practising PSA in nature, including on long-term practice and health (green exercise)</li> <li>• The relationship between the environment and nature-based PSA (e.g. the impact of PSA on the environment, the role of the PSA professional in environmental education through nature-based PSA, etc.).</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>• Demonstrate a mastery of the main theoretical foundations of PSA in nature in general and more specifically of the PSA taught. (8.3 and 9.1)</li> <li>• Demonstrate correct technique in the practice of the outdoor activities taught (1.2).</li> <li>• Analyse the performance of a peer student and suggest ways of improving (1.1).</li> <li>• Plan an outdoor physical activity for different target groups and levels of mastery. (1.1, 1.3, 4.1, 8.1, 8.4)</li> <li>• Supervise student peers in an outdoor physical activity. (1.4, 1.5, 1.8, 4.2, 4.3, 8.1)</li> <li>• Identify a number of natural elements of local flora and fauna (9.1)</li> <li>• Demonstrate knowledge of the effects of contact with nature on the practice of PSA (1.1, 1.2, 8.3 and 9.1)</li> <li>• Explain the issues involved in practising PSA in nature in relation to sustainable development issues (1.7, 7.4, 8.3 and 9.1)</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
In-depth sports training	APPEDPH	5		