

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

Q1



This learning unit is not being organized during this academic year.

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	<ul style="list-style-type: none"> • Stratégies de promotion et de changement en matière de comportement d'activité physique en tant que pilier de la santé. • Introduction aux modèles d'adoption de comportement d'activité physique en tant que pilier de la santé. • Introduction à l'EBP. • Adhésion aux comportements d'activité physique en tant que pilier de la santé. • Interventions pour augmenter l'activité physique et diminuer la sédentarité ainsi que l'inactivité physique. • Les inégalités en matière de santé et APS • Le rôle que peut jouer le master en éducation physique au sein des soins de santé. • Sport sur ordonnance.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Distinguish between strategies for promoting and changing physical activity behaviour as a pillar of health. (2.2, 3.1, 3.4, 8.3, 9.1, 9.2, 9.3) • Design an intervention to increase physical activity and reduce sedentary behaviour and physical inactivity (1.1, 1.3, 2.2, 3.1, 3.2, 3.4, 5.1, 8.3, 9.1, 9.2, 9.3) • Analyse social contexts in relation to physical activity and sedentary behaviour. (1.1, 1.7, 2.2, 3.3, 7.3, 9.1, 9.2, 9.3)
Other infos	This course is reserved for FSM students. Access is possible to other UCLouvain students on the basis of an application to be submitted to the course coordinator.
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	3	LEPHY1108 AND LEPHY1109	