

5.00 credits

0 h + 60.0 h

Q1

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>The activities undertaken to meet these objectives will be diversified and will allow the development of the body schema and the experimentation/evaluation of fundamental socio-psycho-motor actions of the disciplines covered later in the course:</p> <ul style="list-style-type: none"> o Development of proprioception, laterality, rhythm, agility, etc. o Manipulate and control the ball (different balls) with the different parts of the body in an individual situation, then with a partner and/or against an opponent (guard, protect the ball); o Catch, throw, pass, push, dribble, etc., the ball with a partner and/or against an opponent, o Correctly perceive the trajectory of the ball, adapt your movement to position yourself adequately to intervene (catching the ball, deflecting it, etc.). o Work on strength and flexibility by emphasizing the quality of movements/postures (execution, positioning, rhythm). o Development of endurance through running training on varied terrain.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>Demonstrate a sufficient level of practice in psychomotor fundamentals (proprioception, agility, etc.), bioenergetic fundamentals (endurance, strength, flexibility) and communication/cooperation fundamentals of physical and sporting activities. (1.2)</p>
Evaluation methods	<p>Assessment: Continuous and/or final assessment, assessing the ability to observe and reproduce movement in various sporting situations as well as general and basic physical fitness.</p> <p>A minimum pass in all 4 parts of the course is essential to demonstrate the skills and knowledge defined in the learning outcomes of the teaching unit.</p> <p>A mark of 7/20 or less for any part of the course will result in a failing grade for the whole course.</p> <p>When all parts have a mark of 8/20 or higher, the final mark corresponds to the arithmetic average of the 4 parts.</p> <p>The final mark will be weighted by the attendance rate.</p> <p>Supervision: Teacher(s), teaching advisor(s), assistant(s)</p>
Teaching methods	The courses will be given in the sports hall or outdoors, depending on the theme and objectives of the course.
Content	<p>The course is exclusively practical and is given for 4 hours a week over a four-month period.</p> <p>It is divided into 4 modules designed to work on the basic motor skills needed to practise the sports taught later in the physical education curriculum.</p> <p>Module 1: Development of the body schema through socio-psycho-motor actions</p> <p>Module 2: Development of ball handling skills with/without partners/adversaries</p> <p>Module 3: Developing endurance qualities</p> <p>Module 4: Developing strength training</p>
Inline resources	Documents relating to the course are stored on Moodle.
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	5		