

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	Francaux Marc ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>In the first part of the course, the activities covered will be diversified and will allow the experimentation of problem situations specific to aquatic activities. Swimming techniques will be approached through educational courses, different modes of movement and changes of direction on the surface and/or underwater.</p> <p>In the second part of the course, the main themes covered will be:</p> <ul style="list-style-type: none"> • learning codified movement techniques (breaststroke, backstroke, crawl and butterfly) • learning start and turn techniques • introduction to rescue <p>The activities proposed will be as diverse as possible and will contribute to the continuous improvement of control of the aquatic environment.</p>
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> - Find the most relevant solution(s) to the problems constantly posed by the aquatic environment in research: <ul style="list-style-type: none"> better balance; better breathing; better flotation; better coordination; 1 better propulsion; better hydrodynamics <p>By making the best use of physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment.</p> <ul style="list-style-type: none"> - Apply what you have learned from the first part to the four codified swimming styles (butterfly, backstroke, breaststroke, crawl) while respecting the institutional parameters governing these swimming styles (regulations) and making the best use of the physical parameters (hydrostatic and hydrodynamic) which condition them.
Evaluation methods	<p>Continuous and final assessment for the practical part with the possibility of questioning to verify the acquisition of knowledge associated with the practice.</p> <p>This implies that:</p> <ul style="list-style-type: none"> • Active attendance at practical classes is therefore compulsory. • In the event of an unjustified absence, the final mark will be weighted in proportion to the percentage of attendance. • Punctuality: three late arrivals are equivalent to one unjustified absence. • Any unjustified absence from an assessment will result in a grade of absence from the exam. In the event of a valid justified absence https://www.uclouvain.be/fr/facultes/fsm/restricted/certificats-medicaux , a make-up session may be organized if material and human conditions allow. <p>Given the specific nature of the bachelor's and master's degrees and the professional recognition that automatically comes with obtaining an academic degree in Motor Sciences, we would like to inform students enrolled in the Bachelor's degree in Motor Sciences that attendance of less than 60% in the LEPHY1104 course, even for justified medical reasons, will make it impossible to assess the course, with the consequence that it will be impossible to obtain the corresponding credits.</p> <p>Distribution of scores:</p> <p>Technical tests in the 4 swimming styles: /10</p> <p>200m crawl test: /3</p> <p>400m crawl test: /3</p> <p>200m medley test: /4</p> <p>To obtain the final grade, scores are added together and multiplied by the attendance percentage.</p>

Teaching methods	<p>This is a practical course which is given in the swimming pool. Supervision: Technical advisor(s) and/or assistant(s), possibly assisted by student monitors.</p>
Content	<p>At the end of this course, students will be able to find the most relevant solution(s) to the problems constantly posed by the aquatic environment in research: better balance, better breathing, better buoyancy, better coordination, and better propulsion. All this will be achieved by making the best use of the physical parameters (hydrostatic and hydrodynamic) specific to the aquatic environment.</p> <p>Students will then be able to apply what they have learned in the first part to the four codified swimming styles (butterfly, backstroke, breaststroke, crawl), strictly adhering to the rules for these swimming styles and making the best use of the physical parameters (hydrostatic and hydrodynamic) that determine them. Swimming techniques will be approached through educational exercises, different modes of movement, and changes of direction on the surface and/or underwater with a view to motor skill acquisition and adaptation to the aquatic environment. The various swimming techniques will be covered during the course with the aim of improving and better understanding swimming technique. The turning techniques for the four strokes and starts will also be covered in this teaching unit.</p>
Inline resources	<p>https://moodle.uclouvain.be/course/view.php?id=3365</p>
Other infos	<p>This course is strictly reserved for FSM students; other UCLouvain students are not permitted to access it. How and when should I submit a medical certificate?</p> <ol style="list-style-type: none"> 1. A specific certificate template must be completed by the doctor. 2. The student must scan their certificate in good quality. They must name the file with their first name, last name, and year of enrollment. The file must be saved in .pdf format. (example: Delie_Arnaud_EDPH1BA.pdf) 3. The original or scanned copy of the medical certificate must be sent to lola.rondeaut@uclouvain.be or ines.hainaut@uclouvain.be, and 4. The scan must also be sent to the faculty administration using the specific form available at the following address: www.uclouvain.be/fsm-cm. 5. Students must keep the original certificate until the end of the academic year, as it may be requested if necessary. <p>The General Regulations for Studies and Evaluations (RGEE) require students to submit supporting documents relating to an absence from an assessment no later than the day after the absence (see Article 103 of the RGEE).</p>
Faculty or entity in charge	<p>FSM</p>

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	2		