

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	De Jaeger Dominique ;
Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Main themes	- Physical preparation: strength and flexibility - Technical preparation: <ul style="list-style-type: none"> • fundamental placements (straight and curvilinear alignments, tuck and pike positions) • specific motor actions on gymnastics and acrobatic sports apparatus (turning, jumping, landing, swinging in support an suspension, aligning) - Combination of motor actions and placements for learning fundamental technical movements on different apparatuses.
Learning outcomes	At the end of this learning unit, the student is able to : 1 Correctly execute the fundamental technical placements and fundamental motor actions of gymnastic and acrobatic activities with a view to subsequently tackling the specific didactics of these disciplines (1.2).
Evaluation methods	Assessment is continuous. Active attendance from the start of each class is mandatory. Unexcused absences are penalized: the final grade is multiplied by the attendance percentage (one excused absence = attendance). Three late arrivals count as one unexcused absence. To pass the course, students must obtain: <ul style="list-style-type: none"> • a minimum of 40% for each of the assessed series. • a weighted average of at least 50% for all assessments. The weighting of the various tests is announced in a document available on Moodle. • a final grade of at least 50%, taking into account penalties for unjustified absences. The final grade is a maximum of 9/20 if the student has not obtained at least 40% for one of the series, a maximum of 8/20 if the student has not obtained at least 40% for two series, a maximum of 7/20 if the student has not obtained at least 40% for three series, a maximum of 6/20 if the student has not obtained at least 40% for four series, a maximum of 5/20 if the student has not obtained at least 40% for five series, and so on. Students will receive a score of 0 for the test if they are present but do not submit the test. Students who are absent without a valid reason during one or more assessment sessions will receive a grade of "A (= absent)" for the entire course in the June session. Any absence or inability to attend due to health reasons must be justified (https://www.uclouvain.be/fr/facultes/fsm/restricted/certificats-medicaux). In the second session, students have the option of not taking tests for which they have obtained a grade of 40% or higher. For these tests, the grade obtained during the year may be retained for the second session assessment.
Teaching methods	Various teaching techniques and learning situations are implemented, taking advantage of the available infrastructure. Special attention is paid to the quality of performance : right positioning, technically correct motion.
Content	Specific physical preparation : development of flexibility and strength in the scapular and pelvic girdles Technical preparation : <ul style="list-style-type: none"> • Basic postures : tuck, pike, layout and curvilinear positions • Specific motor actions : jumping, landing, balancing, rotations, swinging, hanging a bar. • Basic acrobatic motor skills.
Inline resources	https://moodle.uclouvain.be/course/view.php?id=9760

<p>Other infos</p>	<p>Support: course files on Moodle.</p> <p>Supervision: Lecturer(s), technical advisor(s) and/or assistant(s), possibly assisted by student teaching assistants. This course is strictly reserved for FSM students; it is not open to other UCLouvain students.</p> <p>Given the specific nature of the bachelor's and master's degrees and the professional recognition that automatically accompanies the academic degree of Master in Motor Sciences, specializing in physical education, we would like to inform students enrolled in the bachelor's degree in Motor Sciences that an attendance rate of less than 60% for the LEPHY1106 course unit, even for justified medical reasons, will make it impossible to assess the course unit, with the consequence that it will be impossible to obtain the corresponding credits.</p>
<p>Faculty or entity in charge</p>	<p>FSM</p>

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