

3.00 credits

22.5 h

Q2

Teacher(s)	de Geus Sebastiaan ;
Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Main themes	<ul style="list-style-type: none"> • definitions of health, physical (in)activity and sedentary lifestyle in a bio-psycho-social approach; • notions of epidemiology in relation to physical (in)activity and health; • the concepts of literacy and the determinants of health and physical (in)activity; • primary prevention through APS: physical and mental impacts • recommendations in terms of physical activity and sedentary lifestyle • methods for assessing behavior in physical activity/sedentary lifestyle/active life; • developing an active lifestyle habit (at all ages); • the relationship between health and the Sustainable Development Goals (SDGs); • social inequalities in health and PSA; • the main Belgian and international health promotion organizations
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Differentiate between physical inactivity and sedentary lifestyle. (3.1, 9.1 and 9.3) • Explain what a biopsychosocial approach is. (1.1, 9.1 and 9.3) • Explain the fundamental concepts of epidemiology in relation to physical (in)activity and health. (2.1, 9.1 and 9.3) • Describe what primary prevention is through physical and sporting activity. (3.1, 3.3, 9.1, 9.3 and 8.3) • Describe the scientifically based recommendations in terms of physical activity and sedentary lifestyle. (3.1, 8.3, 9.1 and 9.3) • Name the methods for assessing behavior in physical activity/sedentary lifestyle/active life. (3.1, 9.1 and 9.3) • Say in your own words the impact of social inequalities on physical (in)activity behavior and sedentary behavior. (1.1, 1.7, 3.3, 7.3, 8.3, 9.1 and 9.3) • Describe the sustainable development goals related to health. (1.7, 9.1 and 9.3)
Evaluation methods	Written exam with open questions covering all the material covered during the course.
Teaching methods	This course will be taught face-to-face in an auditorium.
Content	<p>In the course unit LEPHY1108, we will focus on the relationship between physical activity and health. The course covers several key themes, including health literacy and physical literacy, various definitions of physical activity, sedentary behavior, physical fitness, and the recommendations regarding physical activity and health. We will also examine how physical and sports activities contribute to the prevention of metabolic and cardiovascular diseases.</p> <p>Additionally, the course introduces the basics of epidemiology, the Sustainable Development Goals (SDGs), and their connection to physical and sports activities, as well as the impact of social health inequalities on participation in physical and sports activities.</p>
Other infos	<p>This course is reserved for FSM students. Other UCLouvain students may have access to this course on the basis of a file to be submitted to the course coordinator.</p> <p>This course is committed to transition and sustainable development.</p>
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		