

3.00 credits

22.5 h

Q2

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>Sports training is a complex, multifactorial process that must be structured (content, methods, organization, evaluation and planning) in order to achieve the best performance. With this in mind, sports training will be approached under the dimensions:</p> <ul style="list-style-type: none"> <li>- biological (development of fundamental physical qualities)</li> <li>- technique and tactics (motor control, motor skills and perceptual-cognitive)</li> </ul>
Learning outcomes	<p><b>At the end of this learning unit, the student is able to :</b></p> <p>At the end of this teaching unit, the student is able to/acquire the necessary skills to be able to implement the training strategies essential to improving the performance of an athlete or a sports team.</p> <ul style="list-style-type: none"> <li>• Define general principles of physical training (1.3, 9.1, 9.2).</li> <li>• Identify and describe the basic physical factors (e.g. strength) involved in training (1.1, 1.3, 9.1, 9.2).</li> <li>• Apply technical and tactical principles (1.3, 9.1, 9.2).</li> <li>• Explain the principles of training, including homeostasis, loading and adaptation. (1.3, 9.1, 9.2).</li> <li>• Distinguish between relevant training models (1.1, 1.3, 9.1, 9.2).</li> <li>• Recognize the risks of overtraining and detraining, and explain their effects on performance. (1.3, 9.1, 9.2).</li> <li>• Design and plan relevant interventions based on specific objectives and issues (1.1, 1.3, 7.2, 8.3, 9.1, 9.3).</li> </ul>
Faculty or entity in charge	FSM

<b>Programmes containing this learning unit (UE)</b>				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	3		