

2.00 credits

0 h + 30.0 h

Q1

Teacher(s)	Francaux Marc ;
Language :	French
Place of the course	Louvain-la-Neuve
Prerequisites	<i>The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.</i>
Main themes	<p>The following topics will be covered:</p> <ul style="list-style-type: none"> • Improving the four codified swimming techniques: breaststroke, crawl, backstroke and butterfly as well as the associated starts and turns. • Analysing codified stroke techniques, identifying faults and suggesting ways of correcting them.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Demonstrate sufficient mastery of codified movements in the aquatic environment to be able to tackle specific swimming didactics at a later stage. (1.2) • Analyse codified swimming techniques, identify faults and suggest ways of correcting them (1.1 and 1.2).
Evaluation methods	<p>Continuous and/or 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 LEPHY1222 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> <ul style="list-style-type: none"> • Analysis of technical flaws: /5 • Demonstration of educational and technical exercises: /5 • 6x50m crawl test: /5 • 400m medley test: /5 <p>The final score will be determined by adding the scores and multiplying them by the percentage of attendance in class.</p>
Teaching methods	<p>Practical classes only.</p> <p>Supervision: Technical advisor(s) and/or assistant(s), possibly assisted by student monitors.</p>
Content	<p>At the end of this teaching unit, students will have acquired sufficient experience and mastery of codified movements in an aquatic environment to subsequently tackle the specific teaching methods for swimming.</p> <p>The work will focus on perfecting and improving the four swimming strokes.</p> <p>Students will also be required to observe and analyze a student and/or a swimming video in order to identify shortcomings and major technical flaws.</p> <p>Finally, students must be able to demonstrate, outside of the water, educational and technical exercises related to swimming styles, with the aim of illustrating the mechanisms for correcting movement flaws and optimizing motor performance. This approach also aims to promote a better understanding of the kinetics of movement in an aquatic environment through the analysis of movement outside of the water.</p>

Other infos	<p>This course is strictly reserved for FSM students; other UCLouvain students are not permitted to access it.</p> <p>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 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	FSM

Programmes containing this learning unit (UE)

Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Motor skills : General	EDPH1BA	2	LFSM1102 AND LEPHY1100 AND LEPHY1104	