

2.00 credits

0 h + 30.0 h

Q1

Teacher(s)	Deldicque Louise ;
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	The following topics will be covered: Learning specific techniques for codified events not covered in the LEDPH1007 Athletics course: sprint with hurdles - long sprint - long jump - javelin throw.
Learning outcomes	<b>At the end of this learning unit, the student is able to :</b> <ul style="list-style-type: none"> <li>• Demonstrate correct technique in certain codified athletics events referring to the fundamentals of the three families of athletics: (running-jumping-throwing). (1.2)</li> <li>• Adapt a running attitude and manage your effort according to the distance to be covered (sprint - obstacle course - cross-country). (1.2)</li> <li>• Analyse the running, jumping and throwing technique of a fellow student and suggest ways of improving. (1.1 and 1.2)</li> </ul>
Other infos	This course is strictly reserved for FSM students. It is not open to other UCLouvain students.
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	2	LFSM1102 AND LEPHY1100 AND LEPHY1107	