

2.00 credits

0 h + 30.0 h

Q2

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: Introduction to relaxation techniques, yoga, gentle gymnastics and pilates
Learning outcomes	<b>At the end of this learning unit, the student is able to :</b> <ul style="list-style-type: none"> <li>• Develop qualities and aptitudes in terms of breathing, balance, flexibility, coordination and tone</li> <li>• Integrate the key points of gentle techniques with a view to teaching them to peers or external target audiences at a later date</li> <li>• Be aware of the multitude of techniques and methods on the market that do not have the scientific basis required for their use</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

**Programmes containing this learning unit (UE)**

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