

5.00 credits

0 h + 30.0 h

Q1

Teacher(s)	Lefebvre Arthur ;
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"> • Avoiding contact by dodging and parries • Movement, positioning and counter and riposte techniques • Techniques for disengaging from different types of holds or belts, whether standing or on the ground • Learning different types of falls or avoiding them by recovering balance • Controlling the aggressor • Application in a variety of situations • Methodology: differentiation and progression according to age group.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Assess an aggressive situation quickly and correctly (1.1 and 1.2) • Control their emotions (1.2 and 8.2) • React confidently to an aggressive situation (1.2) • Give help and organise help for a person in danger of being attacked (1.2, 1.3, 1.4, 1.5) • Set up a self-defence session for different age groups (1.1, 1.3, 1.4, 1.5, 4.1, 4.2, 8.1, 8.3 and 8.4) • Intervening with peers (1.3, 1.4, 1.5, 1.8, 4.1, 4.2, 4.3 and 8.2)
Evaluation methods	<p>Continuous evaluation and final practical evaluation with disciplinary tests to verify the achievement of learning outcomes.</p> <p>The conditions of the second session test will be identical to the first. The student must represent all the disciplinary tests evaluating the learning outcomes not acquired.</p>
Teaching methods	Practical course requiring active participation of the student.
Content	<p>The content of the self-defense course consists of learning the techniques of avoiding blows, releasing belts or body shots, projection. The warm-up is a preparation very specific to the content of the course from the exercises proposed in the form of opposition or taken up among the opposition skills. Complementary techniques for falling or recovering balance are considered to practice self-defense in complete safety. The repetition of the exercises is mainly done by changes of partners in order to vary the aggressive situations due to the morphology or strength of the other. Finally, each technique is integrated into a more complex application where several techniques are allowed in order to deceive opponents or in themes specific enough to promote an adequate response to the problem created by the opponent.</p>
Other infos	<p>The evaluation is continuous. Active attendance at classes is therefore mandatory. Any absence must be justified by a medical certificate. If the medical certificate allows it, the student must also be present at the courses.</p> <p>In the event of unjustified absence from a course (excluding evaluation activity), the final score will be weighted in proportion to the percentage of attendance.</p> <p>Punctuality: three delays equivalent to an unjustified absence.</p> <p>Given the specificity of the bachelor's and master's degree and the professional recognition that obtaining the academic degree of the master's degree in Motor Sciences, physical education orientation automatically entails, we inform students enrolled in the bachelor's degree in Motor Sciences, that a presence of less than 60% in the EU LEPHY1105, even for justified medical reasons, will make the evaluation of the EU impossible with the consequence of the impossibility of acquiring the corresponding credits.</p> <p>Any unjustified absence from an evaluation results in an absence mark from the exam. In case of valid justified absence https://www.uclouvain.be/fr/facultes/fsm/restricted/certificats-medicaux, a catch-up session could be organized if material and human conditions allow it.</p> <p>This course is strictly reserved for FSM students, its access is not possible for other UCLouvain students.</p>
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
In-depth sports training	APPEDPH	5		