

5.00 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	<p>The following topics will be covered:</p> <ul style="list-style-type: none"> • Swimming, cycling and running training sessions with quantification of the individual load • Work on swimming-cycling and cycling-running sequences • Fun learning situations for coaching young beginners in triathlon. • Learning situations in each of the three disciplines for coaching beginners of different ages. • Periodisation and planning of a training programme adapted to the athlete's level. • Participation in a triathlon event • Rules of the French-speaking triathlon league.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Manage effort according to the distance to be covered (1.2) • Demonstrate a sufficient level of performance in swimming, cycling and running to be able to take on triathlon learning and training at a later stage. (1.2) • Plan a triathlon learning or training session for different groups and levels of proficiency. (1.1, 1.3, 4.1, 8.1 and 8.4) • Coach fellow students in a triathlon learning or training session. (1.4, 1.5, 1.8, 4.2, 4.3 and 8.2) • Coach beginners and triathletes of different ages and levels in the field (1.4, 1.5, 4.2, 4.3 and 8.2).
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
In-depth sports training	APPEDPH	5		