

5.00 credits

0 h + 30.0 h

Q2

Teacher(s)	Zeimers Géraldine ;
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"> • Theoretical, safety, regulatory and technical bases for nature-based PSAs • Identification of elements of the practice environment, e.g. local fauna and flora. • Personal learning in the outdoor activities taught (e.g. possibilities: Nordic walking, orienteering, trail running, outdoor training, kayaking, walking rallies, daring courses in nature, etc.) .) • Didactic approach to coaching beginners in the disciplines taught • Effects of practising PSA in nature, including on long-term practice and health (green exercise) • The relationship between the environment and nature-based PSA (e.g. the impact of PSA on the environment, the role of the PSA professional in environmental education through nature-based PSA, etc.).
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Demonstrate a mastery of the main theoretical foundations of PSA in nature in general and more specifically of the PSA taught. (8.3 and 9.1) • Demonstrate correct technique in the practice of the outdoor activities taught (1.2). • Analyse the performance of a peer student and suggest ways of improving (1.1). • Plan an outdoor physical activity for different target groups and levels of mastery. (1.1, 1.3, 4.1, 8.1, 8.4) • Supervise student peers in an outdoor physical activity. (1.4, 1.5, 1.8, 4.2, 4.3, 8.1) • Identify a number of natural elements of local flora and fauna (9.1) • Demonstrate knowledge of the effects of contact with nature on the practice of PSA (1.1, 1.2, 8.3 and 9.1) • Explain the issues involved in practising PSA in nature in relation to sustainable development issues (1.7, 7.4, 8.3 and 9.1)
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		