

3.00 credits

7.5 h + 30.0 h

Q2

Teacher(s)	Francaux Marc ;
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	Students will have a wide range of teaching skills, from making beginners aware of the aquatic environment (balance, immersion, vision, breathing, movement, propulsion) to learning and perfecting swimming techniques. They will also be able to teach water sports. They will use appropriate tools to assess progress and performance. They will have the essential reference points for analysing their actions in terms of the participation rate of their audience, their motor skills and their working conditions. You will be able to justify your teaching choices and set out your theoretical references.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Working in ergonomic conditions that are restrictive for the teacher (resonance, humidity) and for the students (restricted space, difficulty in receiving feedback from the teacher, chilling). (1.8, 3.4, 4.2, 4.3, 8.1 and 8.2) • Perform correct demonstrations of each codified stroke and associated starts and turns, enabling a learner to understand what is expected of him/her (1.2) • Demonstrate the 4 strokes out of the water ("dry"), enabling a learner to understand what is expected of him/her (1.2) • Carry out correct demonstrations and apply or create useful educational and corrective strokes according to the needs of the learners observed. (1.2) • Identify faults in codified strokes based on observation of videos taken on the surface and underwater (1.1, 1.2). • Establish a coherent water acclimatisation sequence based on the three compulsory stages of acclimatisation: floating, breathing, propulsion (1.3 and 8.4). • Assess a learner by means other than pure timing or an "aesthetic" assessment of the swim using recognised habituation tests or the notion of global or real swimming indices that the student should be able to calculate, for more advanced swimmers. (1.1, 1.6) • Intervene effectively within the framework of micro-teaching relating to the learning of a swimming style as well as relating to the correction of a style on the basis of video analyses carried out previously. (1.3, 1.4, 1.5, 1.6, 1.8, 3.4, 4.2, 4.3, 8.1, 8.2 and 8.4) • Know the main biomechanical principles of swimming and swimming rules. (1.1 and 9.1)
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	3	LFSM1202 AND LEPHY1229 AND LEPHY1222	