

4.00 credits

30.0 h

Q1

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	• Doping • Hypoxia and heat training • Cardiac variability • Fatigue/Recovery • Jet lag/sleep • Genetics/epigenetics and training responses • Overtraining • Transgender athletes • Cramps • Muscle pain and damage
Learning outcomes	At the end of this learning unit, the student is able to : • Distinguish between modern training strategies aimed at improving health and those aimed at improving performance • Know and develop a critical approach to the tools available for monitoring training load • Define and choose the most appropriate recovery methods for the target population • Distinguish between the stages of over-fatigue and over-training, recognise the signs and know the consequences for training adaptations • Define, understand and apply the notion of doping to different training and nutritional strategies • Distinguish between the effects of genetics and epigenetics on adaptations to physical training • Assess the biological consequences of sexual transition on sporting activity • Understand the causes, consequences and treatments of cramp, pain and muscle damage
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	4		