

3.00 credits

22.5 h + 15.0 h

Q1

Teacher(s)	Francaux Marc (coordinator) ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	• The (metabolic) determinants of performance. • Assessment methods for these factors. • Methods of intervention (types of training and other strategies) to improve these factors. • Metabolic planning and periodisation • Focus on specific populations (disabled athletes, etc.) • Notions of exercise fatigue
Learning outcomes	At the end of this learning unit, the student is able to : • Analyse the metabolic constraints of a sporting discipline (1.1 and 1.2). • Use the appropriate tools to assess the various performance factors (1.1, 1.2, 1.3, 1.8 and 1.10) • Design a training plan according to the target audience and objectives (1.1, 1.2, 1.6, 1.7 and 1.10). • Coach an athlete during the implementation of the training plan (1.7 and 1.12).
Evaluation methods	Active participation in practical and theoretical classes (reading articles, presentations, etc.) is assessed using a pass/fail system. These assessments account for 4/20 of the final score. The final assessment therefore accounts for 16/20 of the final score. It takes the form of a written exam with short-answer questions. The final grade will be equal to the score out of twenty obtained in this way, multiplied by the attendance rate for practical and theoretical classes.
Teaching methods	Lectures - flipped classrooms - practical work Students are informed that the course requires regular reading and preparation for teaching sessions. Attendance at both practical and theoretical sessions is strictly mandatory.
Content	Lectures • Introduction - Discipline analysis • Performance model • Stress tests • Training zones • Warm-up • Intervention methods/types of sessions • Planning + periodization - General principles • Planning/periodization + load - Endurance • Planning/periodization + load - Intermittent • External speaker (endurance) • External speaker (intermittent sports) Practical classes • Warm-up • Continuous tests • Intermittent tests • RSA tests • Long intervals • Repeated sprints • Short intervals • Short/long sprints
Inline resources	Moodle: https://moodle.uclouvain.be/course/view.php?id=10365

Other infos	This course is strictly reserved for FSM students. It is not open to other UCLouvain students. How and when should I submit a medical certificate? 1. A specific certificate template must be completed by the doctor. 2. The student must scan their certificate in good quality. They must name the file with their first name, last name, and year of enrollment. The file must be saved in .pdf format. (example: Delie_Arnaud_EDPH1BA.pdf) 3. The original or scanned copy of the medical certificate must be sent to a.mortier@uclouvain.be , and 4. The scan must also be sent to the faculty administration using the specific form available at the following address: www.uclouvain.be/fsm-cm . 5. Students must keep the original certificate until the end of the academic year, as it may be requested if necessary. The General Regulations for Studies and Evaluations (RGEE) require students to submit supporting documents relating to an absence from an assessment no later than the day after the absence (see Article 103 of the RGEE).
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	3		