



4.00 credits

30.0 h

Q1

Teacher(s)	de Geus Sebastiaan ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>During this course, we will cover the following topics (3 ECTS credits corresponding to the LEPHY1344 "Health Promotion" course in BAC3):</p> <ul style="list-style-type: none"> • Strategies for promoting and changing physical activity behaviour as a pillar of health. • Introduction to models for adopting physical activity behaviour as a pillar of health. • Introduction to EBP. • Adherence to physical activity behaviours as a pillar of health. • Interventions to increase physical activity and reduce sedentary lifestyles and physical inactivity • Health inequalities and physical activity and sports. • The role that a Master's degree in Physical Education can play in healthcare. • Prescription for sport. <p>The following topics will be covered (1 ECTS):</p> <p>The process of implementing evidence-based interventions to promote physical activity and combat sedentary lifestyles in different populations (young people, adults, older people, people with non-communicable diseases), depending on the context (active societies, active environments, active people), in different settings (schools, local authorities, businesses, , etc.) and by different actors (schools, public authorities, sports organisations, companies, coaches, teachers, etc.).</p>
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Identify and/or promote different forms of relevant and effective interventions to stimulate physical activity and combat sedentary lifestyles in different populations and contexts. (1.1, 1.2, 1.11, 3.1, 3.2, 3.3, 3.4, 3.5, 7.4) • Distinguish the advantages and disadvantages of these interventions and justify your choices. (6.1) • Identify the main actors involved in these interventions. (1.6) • Distinguish between strategies for promoting and changing physical (in)activity behaviour as a pillar of health. (1.1, 1.2, 1.6, 3.1, 3.2, 3.3) • Design an intervention to increase physical activity and reduce sedentary behaviour and physical inactivity. (3.1, 3.2, 3.3, 7.4) • Analyse social contexts related to physical (in)activity and sedentary behaviour (3.1, 3.2, 3.4, 7.4).
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
Master [120] in Motor Skills: General	MOTR2M	4		
Master [120] in Motor Skills: Physical Education	EDPH2M	4		
Master [120] of Education, Section 4 : Physical Education	EDPH2M4	4		