

3.00 credits

22.5 h + 15.0 h

Q1

Teacher(s)	Benoît Nicolas ;Hardwick Robert (coordinator) ;
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	<ul style="list-style-type: none"> • Analysis of sports disciplines • Planning and monitoring training load: different models • Analysis of specific performances to deduce conclusions in terms of training or performance planning • Identification of high sporting potential: definition of sporting potential, chronological age, biological age, relative age, biochronological age, biological age, relative age, bio--banding.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Identify the performance indicators for a given discipline (1.1, 1.5) • Choose the most appropriate monitoring tools and apply them to the discipline in question (1.1, 1.5, 1.10) • Analyse athlete and team performances (1.5, 1.10, 2.1, 4.1, 7.2) • Draw up a training plan based on identified shortcomings, choosing the most appropriate models and evaluating the plan (1.5,2.4,2.5,4.1, 4.4,7.2) • Develop/implement/position a policy for identifying high-potential athletes (2.5,4.1,4.4,7.2)
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: Physical Education	EDPH2M	3	LEPHY2152	