

5.00 credits

37.5 h + 30.0 h

Q1

Teacher(s)	Lambrecht Sophie ;Nguyen Anh Phong (coordinator) ;Selves Clara ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	• Epidemiology of sports injuries. • Notions of loads (external and internal) in the context of overload injuries • Intrinsic and extrinsic risk factors for the onset of injuries (overload and traumatic). • and traumatic) injuries. • Assessment of physical function (mobility, strength, coordination, etc.) Assessment of physical function (mobility, strength, coordination, etc.). • Prevention modelsPrevention models • "Return to play criteria (train, sport, performance)
Learning outcomes	At the end of this learning unit, the student is able to : • Explain the link between the concept of load and the development of overload injuries (1.1 and 1.2) • Explain the various sports-related overload injuries, their risk factors and treatment (1.1 and 1.2) • Explain the various sports-related traumatic injuries, their mechanisms, physical consequences and treatments (1.1 and 1.2). • Measure and evaluate the persistence of functional deficits and their possible consequences after rehabilitation (1.1, 1.2, 1.3, 1.8 and 1.10). • Measure and assess the risk factors for injury (1.1, 1.2, 1.3, 1.8 and 1.10). • Design an individualised/collective prevention and/or reathletisation plan (1.1, 1.2, 1.6, 1.7 and 1.10). • Coach an athlete/group of athletes during these sessions (1.7 and 1.12).
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	5		