

3.00 credits

22.5 h

Q2

Teacher(s)	Deldicque Louise ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	• Children's biological development • Physiological adaptations of the child to exercise and physical training • Anatomy and physiology specific to women • Physiological adaptations of women to exercise and physical training • Biological theories of ageing • Physiological adaptations of the elderly to exercise and physical training
Learning outcomes	At the end of this learning unit, the student is able to : • Compare the specific physiological characteristics of children, women and the elderly (1.1.) • Relate the specific physiological characteristics of each of these 3 populations to their participation in physical activity and sport (1.1., 1.6., 1.12.) • Explain the differential growth and ageing of individuals (1.1.) • Explain the effects of physical activity and sport on growth and ageing (1.1.) • Draw up a list of recommendations for physical activity and sport for children, women and the elderly (1.6., 1.12., 3.1.)
Other infos	This course is reserved for FSM students. Access is possible to other UCLouvain students on the basis of an application to be submitted to the course coordinator.
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		