


4.00 credits

45.0 h

Q2

Teacher(s)	Francaux Marc ;
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"> • energy exchanges during physical activity • methods of measuring energy expenditure during physical activity • energy expenditure during different types of physical activity • assessment of physical condition • mobilisation of the major metabolic pathways during different types of physical activity • cardio-circulatory adaptation to physical exercise, physical and sporting activities in specific environments such as altitude, hyperbaric conditions or thermally stressful conditions.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <ul style="list-style-type: none"> • Demonstrate knowledge and understanding of the functioning of the body of a healthy individual practising physical and sporting activities and in various environments. (2.1, 5.3, 11.1, 11.2 Kiné - 9.1 and 9.2 EP) • Demonstrate an understanding of the mechanisms underlying energy expenditure during physical exercise, for a healthy individual, from the supply of food substrates to the systems of energy restoration, anabolism and maintenance of the biological structures involved. (2.1, 5.3, 11.1, 11.2 Kiné - 9.1, 9.2 and 9.3 EP) • Use the concepts covered in the course to solve practical problems (5.3 Kiné - 9.3 EP)
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
Bachelor in Motor skills : General	EDPH1BA	4	LFSM1201 AND LFSM1202	
Bachelor in Physiotherapy and Rehabilitation	KINE1BA	4	LFSM1201 AND LFSM1202	