

Teacher(s)	de Geus Sebastiaan (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	<p><u>Discussed subjects</u></p> <p><u>For theoretical courses:</u></p> <ul style="list-style-type: none"> <li>• Basic training structure</li> <li>• Endurance</li> <li>• Bodybuilding</li> <li>• Speed</li> <li>• Flexibility</li> </ul> <p><u>For practical lessons:</u></p> <ul style="list-style-type: none"> <li>• Endurance: objective to achieve in terms of effort management</li> <li>• Gesture control</li> </ul>
Learning outcomes	<p><b>At the end of this learning unit, the student is able to :</b></p> <ul style="list-style-type: none"> <li>• Demonstrate basic motor skills (endurance, motor coordination) (5.1)</li> <li>• Analyze your movements from an anatomical and biomechanical perspective and position yourself on their qualities, by identifying the muscles used and specifying how to adapt the gesture so that it is more efficient (5.1- 11.4)</li> <li>• Become aware of your body, its needs and its limits and develop this awareness from an educational perspective with the patient (5.2)</li> <li>• Develop your own psychomotor level through your lived experience in order to to enrich their motor experience (5.2)</li> </ul>
Evaluation methods	<p><b>Theoretical Part:</b> The written exam takes place during the exam session and consists of multiple-choice and open-ended questions. This part of the course unit accounts for <b>40% of the final grade.</b></p> <p><b>Practical Part:</b> The practical exam will be conducted partly during the exam session and partly outside the session.</p> <p><b>During the session:</b></p> <ul style="list-style-type: none"> <li>• Written exam with multiple-choice questions on endurance, strength training, and flexibility</li> <li>• "Movement correction" using video analysis</li> </ul> <p><b># 10% of the final grade</b></p> <p><b>Outside the session (in December):</b></p> <ul style="list-style-type: none"> <li>• <b>Performance assessments:</b> <ul style="list-style-type: none"> <li>• <b>Endurance:</b> 5000 m run # <b>10% of the final grade</b></li> <li>• <b>Strength training:</b> physical test # <b>10% of the final grade</b></li> </ul> </li> <li>• <b>Knowledge of movements in strength training:</b> <ul style="list-style-type: none"> <li>• Explanation and demonstration of exercises # <b>15% of the final grade</b></li> </ul> </li> <li>• <b>Knowledge of movements in flexibility:</b> <ul style="list-style-type: none"> <li>• Explanation and demonstration of exercises # <b>15% of the final grade</b></li> </ul> </li> </ul> <p><b>Failing Grade Rule ("Note absorbante"):</b> The "absorbing grade" rule applies to this course unit: for each of the four parts, the student must obtain a grade <b>greater than 7/20.</b> If the student receives a grade <b>equal to or less than 7/20</b> in, for example, the <b>endurance test</b> or the <b>written exam</b>, the <b>final grade for the exam session will be equal to the failing grade</b> received in that component (absorbing grade).</p>

Teaching methods	<p><b>Theoretical Part:</b>                  The theoretical part will be taught in a lecture hall.                  All topics covered during the lecture are part of the exam material. No exam questions will cover content that was not taught in the lecture hall.                  The slides shown during the course serve as illustrations of the instructor's explanations. They are provided to students via Moodle to complement their own lecture notes.                  The projected slides and the lecture notes therefore constitute the main learning materials.</p> <p><b>Practical Part:</b>                  Practical exercise sessions in endurance, strength training, and flexibility.                  Classes will be held in a gym or outdoors depending on the theme and objectives of the course.</p> <p><b>Supervision:</b>                  Technical advisor(s) and/or assistant(s).</p>
Content	<p><b>Theoretical Part:</b></p> <ul style="list-style-type: none"> <li>• Basic structure of training</li> <li>• Endurance</li> <li>• Strength training</li> <li>• Speed and coordination</li> <li>• Flexibility</li> <li>• Warm-up and cool-down</li> </ul> <p><b>Practical Part:</b>                  The practical part of this teaching unit consists of:</p> <ul style="list-style-type: none"> <li>• Endurance running sessions in continuous and interval formats, covering various training intensities;</li> <li>• Strength training sessions using machines, free weights, small equipment, or bodyweight exercises;</li> <li>• Flexibility and joint mobility exercises will be demonstrated with the aim of understanding the range of motion of major joints and the importance of flexibility in developing basic physical qualities.</li> </ul>
Other infos	<p><b>Course Access:</b>                  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.</p> <p><b>Continuous Assessment:</b>                  Assessment is continuous. Active attendance in class is therefore mandatory.</p> <p><b>Unjustified Absences:</b>                  In case of an unjustified absence from a VOL2 class (excluding evaluation activities), the final grade for VOL2 will be weighted according to attendance (attendance = attendance + justified absences).                  Any unjustified absence from an evaluation results in a grade of absence for the exam.                  In case of a valid justified absence [link: <a href="https://www.uclouvain.be/fr/facultes/fsm/restricted/certificats-medicaux">https://www.uclouvain.be/fr/facultes/fsm/restricted/certificats-medicaux</a>], a make-up session may be organized if material and human conditions allow.</p> <p><b>Lateness:</b>                  Three (3) instances of lateness will count as one unjustified absence, which will affect the final grade for VOL2 (see point 1).</p> <p><b>Medical Certificate:</b>                  The simplified procedure is available on the website: <a href="http://www.uclouvain.be/fsm-cm">www.uclouvain.be/fsm-cm</a></p> <ul style="list-style-type: none"> <li>• A specific certificate template must be completed by the doctor.</li> <li>• The student must scan the certificate in good quality and name the file with their last name, first name, and year of enrollment. The file format must be .pdf.                      (Example: <i>Delie_Arnaud_EDPH1BA.pdf</i>)</li> <li>• The student must show the original certificate to the assistant in charge of their group upon return.</li> <li>• The student must upload the scan of the certificate via Microsoft Forms.</li> <li>• The student must keep the original certificate until the end of the academic year, as it may be requested.</li> <li>• The student no longer submits the original certificate to the administration.</li> </ul> <p><b>Regulations:</b>                  The General Regulations on Studies and Evaluations require students to submit supporting documents for an absence from an evaluation no later than the day after the absence (see Article 103 of the RGEE).                  Due to the specific nature of the bachelor's and master's programs and the professional recognition associated with obtaining the academic degree of Master in Motor Sciences, physiotherapy orientation, <b>attendance below 60% for the course unit LKNR1211—even for medically justified reasons—will make evaluation of the course unit impossible</b>, resulting in the inability to earn the corresponding credits.</p>
Faculty or entity in charge	FSM

**Programmes containing this learning unit (UE)**

Program title	Acronym	Credits	Prerequisite	Learning outcomes
Bachelor in Physiotherapy and Rehabilitation	KINE1BA	4	LFSM1109	