Master in Motor skills: Physical Education
Focus Teaching

Programme mnemonic
MA-EDPH
Focus Teaching: M-EDPHD

Exists also in
Focus Training and Coaching: M-EDPHC
Focus Physical preparation: M-EDPHP
Focus mental and athletic training: M-EDPHM

Studies level
Master 120 credits

Learning language
french

Schedule
office hours

Studies category / subcategory
Health / Motor skills

Campus
Erasme

Programme objectives

Graduates of this 120-credit master will be able to teach motor and psychomotor skills in the broad field of physical and athletic activities, and to adjust a training regimen depending on the participants’ ages. Their responsibilities will also cover educating their students on healthy living.

To this end, the programme provides essential skills in a variety of fields: teaching, technical, tactical, but also nutritional and psychological (stress management, mental preparation, etc.), while also maintaining a tight relationship between physiological and biomechanical concepts and their practical applications.

A large part of the programme is dedicated to learning how to teach groups.

Programme’s added value

Focus on teaching (+AESS)
The programme includes a one-month work placement/internship in a secondary school.

Focus on physical conditioning and fitness
The programme provides essential tools to improve amateur athletes’ physical condition and performance.

Focus on training and coaching
The programme teaches students to plan an entire competitive season for a high-level athlete. Partnership with the universities of Lyon and Lausanne.

Focus on physical and mental conditioning, and athletic rehabilitation
The Master programme is organised jointly by ULB and the Claude-Bernard university (Lyon II).

Focus on teaching
The programme places emphasis on general principles of teaching in the context of physical activity, including psychomotricity.

With an immersive one-month work placement/internship in a secondary school, students will build their own lesson plans and give out assignments that will help their pupils progress.

Focus on physical conditioning and fitness
The programme provides essential tools to improve the physical condition and performance of amateur athletes of all ages.

Focus on training and coaching high-level athletes
The programme teaches students to organise training sessions, plan for a competitive season, and manage the career of a high-level athlete.

ULB collaborates with the universities of Lyon, Lausanne, and Turin in the field of training and physical conditioning. Students who pick these focuses may complete their work placement/internship in one of these universities.

Focus on physical and mental conditioning, and athletic rehabilitation
The programme is organised jointly by ULB and the Claude-Bernard university (Lyon II). Students in both universities may complete a semester’s worth of classes (30 credits) in the partner university. The curriculum covers managing athletes’ day-to-day activities, planning their training regimen, keeping track of their mental condition, and preventing health issues.

The Faculty has:
teachers who are well-known in the world of athletics;
tight relationships with the fitness and corporate fitness industries;
contacts in sports federations and among high-level athletic coaches;
classrooms, laboratories, a gymnasium, and athletic and medical equipment, all brand new;
opportunities to conduct tests on high-level athletes, using its infrastructures (research units in the laboratory of motor sciences, involved in athletic performance, motor rehabilitation, and the study of physiological and cognitive abilities in extreme environments such as outer space).

Teaching methods
Lecture classes, practical work, seminars, work placements/internships.

Succeed in your studies
ULB offers a number of activities and resources that can help you develop a successful strategy before or during your studies.
You can make the transition to higher education easier by attending preparatory courses, summer classes, and information and orientation sessions, even before you start your studies at ULB.
During your studies, many people at ULB are there specifically to help you succeed: support staff in each faculty, (inter-)faculty guidance counsellors, tutors, and experts in academic methodology.

International/Openness
Opportunities for exchange programmes in France, Portugal, New Caledonia, Brazil, etc.
Schools, health clubs, sports clubs, sports federations, etc.
Partnership with the Claude–Bernard university in Lyon.

Job opportunities
Teaching in secondary schools, institutes of higher education, and universities.
Fitness clubs: gym supervisor, personal trainer, fitness instructor, group trainer, etc.
Athletic clubs and federations: athletic trainer, coach, technical adviser to a federation, etc.
Scientific research in the field of motor sciences.

Jury President
Alain CARPENTIER

Jury Secretary
Stéphane BAUDRY
Students who have a BA may choose from the following specialities:

- Teaching
- Training and coaching
- Physical conditioning and fitness
- Physical and mental conditioning, and athletic rehabilitation (joint degree with the university of Lyon)

Courses are given as a combination of lecture classes, lab work in smaller groups, individual assignments, and work placements/internships. Depending on the focus chosen, work placements/internships may be completed in schools, health clubs, or sports clubs, in Belgium or abroad.

Students in physical education take part in organising large-scale athletic events in order to build experience, such as sports days for primary and secondary schools, open jogging events ('CoRun'Air'), and so on.

**Bloc 1 | M-EDPHD | MA-EDPH**

**Cours obligatoires**

**BIME-I4214**
Physiologie appliquée à l'exercice et diététique | Alain CARPENTIER (Coordinator), Stéphane BAUDRY and Séverine Stragier
- 5 credits [lecture: 42h, practical work: 12h, personal assignments: 6h]  
- first and second terms  
- French

**BIME-I4234**
Physiologie cardiorespiratoire des activités physiques et santé | Vitalie FAORO (Coordinator) and Marc VAN NUFELENE
- 5 credits [lecture: 27h, practical work: 12h, personal assignments: 21h]  
- first and second terms  
- French

**EDPH-I4364**
Méthodologie de l'activité motrice et de l'entraînement | Alain CARPENTIER (Coordinator), Jacques DUCHATEAU and Nathalie GUISSARD
- 5 credits [lecture: 36h, practical work: 24h]  
- first and second terms  
- French

**EDPH-I4424**
Compléments d'activités sportives | Nathalie GUISSARD (Coordinator) and Alain CARPENTIER
- 5 credits [practical work: 48h, personal assignments: 12h]  
- first and second terms  
- French

**EDPH-I4434**
Méthodologie, législation du sport et organisation d'événement sportif | Nathalie GUISSARD (Coordinator) and LUC VANDEPOTTE
- 5 credits [lecture: 36h, practical work: 12h, work placement: 12h]  
- first and second terms  
- French

**EDPH-I4444**
Pratique et didactique des activités physiques et sportives X | Nathalie GUISSARD (Coordinator), Costantino BALESTRA and Alain CARPENTIER
- 10 credits [lecture: 12h, practical work: 96h, personal assignments: 12h]  
- first and second terms  
- French

**MEMO-I4034**
Travaux préparatoires au mémoire et utilisation des outils informatiques | Caroline VERHOEVEN (Coordinator)
- 5 credits [tutorial classes: 12h, personal assignments: 48h]  
- second term  
- French

**PSYC-I4024**
Activités physiques et sportives: Aspects psychologiques, pharmacologiques, adaptation au handicap | Jennifer FOUCART (Coordinator), Costantino BALESTRA and Martin Chaumont
- 5 credits [lecture: 56h, seminars: 4h]  
- second term  
- French

**Cours spécifiques**

**EDPH-I410**
Stages | Nathalie GUISSARD (Coordinator) and Alain CARPENTIER
- 5 credits [work placement: 60h]  
- first and second terms  
- French

**EDPH-I438**
Application des compétences terminales en éducation physique | Nathalie GUISSARD (Coordinator)
- 5 credits [practical work: 24h, personal assignments: 36h]  
- second term  
- French

**PEDA-E510**
Pédagogie et didactique, aspects généraux | Thomas BARRIER (Coordinator) and Nathanaël FRIANT
- 5 credits [lecture: 60h]  
- first term  
- French
Bloc 2 | M-EDPHD | MA-EDPH

Cours obligatoires

EDPH-I5325  Activités physiques adaptées aux seniors et aux sujets souffrant d’obésité et de diabète | Malgorzata KLASS (Coordinator) and Séverine Stragier
- 5 credits [lecture: 48h, personal assignments: 12h]  second term  French

EDPH-I5335  Questions approfondies en rapport à l’activité physique et la nutrition | Alain CARPENTIER (Coordinator) and Justine MAGNARD
- 5 credits [lecture: 32h, tutorial classes: 12h, personal assignments: 16h]  first term  French

EDPH-I5385  Stages d’intégration professionnelle | Nathalie GUISSARD (Coordinator) and Alain CARPENTIER
- 5 credits [work placement: 60h]  first and second terms  French

MEMO-I500  Mémoire
- 15 credits [mfe/tfe: 180h]  academic year  French

Cours spécifiques

EDPH-I507  Stages dans un établissement d’enseignement secondaire | Nathalie GUISSARD (Coordinator) and Alain CARPENTIER
- 10 credits [work placement: 120h]  first and second terms  French

EDUC-E520  Aspects socio-historiques, psychologiques, culturels, éthiques et de neutralité de l’enseignement | Jose-Luis WOLFS (Coordinator), Alain COLSOUL, Philippe VIENNE and Pascal VREBOS
- 5 credits [lecture: 60h]  academic year  French

Modules d’options

EDPH-I4274  Prévention du dos et principes élémentaires de massage et de taping | Nathalie GUISSARD (Coordinator)
- 5 credits [lecture: 24h, practical work: 36h]  first and second terms  French

EDPH-I503  Projet et organisation d’événements | Nathalie GUISSARD (Coordinator)
- 5 credits [work placement: 48h, personal assignments: 12h]  academic year  French

EDPH-I5375  Premiers soins, réanimation et formation complémentaire | Nathalie GUISSARD (Coordinator) and Marc VAN NUFELENN
- 5 credits [lecture: 12h, tutorial classes: 12h, practical work: 24h, personal assignments: 12h]  first and second terms  French