

# Des concepts de la physiologie à l'entraînement sportif

## Lecturers

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## Course mnemonic

BIME-I516

## ECTS credits

5 credits

## Language(s) of instruction

French

## Course period

First term

## Course content

Part taught deals with the theoretical and practical approach of muscle stretching ..... Coping mechanisms of the neuromuscular system following the practice of stretching are developed. The description and utility of application of different methods used. The relevance of their application in the preparation of the muscle during exercise or during recovery

## Objectives (and/or specific learning outcomes)

to discover the basic principles of training procedures and evaluation of the athlete and the bases of dietetics and applied nutrition activities

## Teaching method and learning activities

lecture

## Other information

### Contact(s)

Secrétariat de pratique de l'éducation physique

Mme Anne DEISSER - campus Erasme - bâtiment N - 4e niveau  
- bureau N4.105

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## Evaluation method(s)

Other

### Evaluation method(s) (additional information)

written exam, open questions

## Programmes

Programmes proposing this course at the faculty of Motor Sciences

MA-MOTR | Master in Motor skills : General | finalité Sports pathology/unit 2