

Activités physiques et sportives VI

Lecturers

Nathalie GUISSARD (Coordinator) and Alain CARPENTIER

Course mnemonic

EDPH-I204

ECTS credits

10 credits

Language(s) of instruction

French

Course period

First and second terms

I3243 | Pratique et didactique des activités motrices individuelles | 5 crédits

Teaching method and learning activities

hands on teaching

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)

Swimming: endurance + techniques: crawl, breaststroke, backstroke, butterfly .

Athletic : Performance and Technical exam : 100m hurdles, height, discus, 1500m 100m

Determination of the mark (including the weighting of partial marks)

Weighted average

Main language(s) of evaluation

French

Programmes

Programmes proposing this course at the faculty of Motor Sciences

BA-MOTR | Bachelor in Motor skills : General | unit 2

Course content

Swimming: water exercises, breathing, techniques : crawl, breaststroke, backstroke and endurance

Athletics: The learning refers to the basics of athletics: running-jumping-throwing.

Learning specific techniques: 60m hurdles, length jump, 100m and 3000m.

Objectives (and/or specific learning outcomes)

Learning specific techniques (athletics and swimming). Perform a movement respecting the execution code. Adapt its speed of execution to the needs of the movement and the duration of the action. Provide long-term efforts of medium intensity.

Pre-requisites and co-requisites

Pre-requisites courses

EDPH-I1231 | Activités physiques et sportives III | 10 crédits

Courses having this one as pre-requisit

EDPH-I3173 | Stages | 5 crédits, EDPH-I3213 | Didactique et méthodologie des activités motrices | 5 crédits and EDPH-