



# Master in Motor skills : Physical Education

## Focus mental and athletic training

MA-EDPH | M-EDPHM | 2024-2025

The 2024-2025 programme is subject to change. It is provided for information purposes only.

### Programme mnemonic

MA-EDPH

> Focus *mental and athletic training* : M-EDPHM

### Exists also in

> Focus *Training and Coaching* : M-EDPHC

> Focus *Teaching* : M-EDPHD

> Focus *Physical preparation* : M-EDPHP

### Studies level

Master 120 credits

### Learning language

french

### Schedule

office hours

### Studies category / subcategory

Health / Motor skills

### Campus

Erasme

## 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.

> EU 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.

## 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.

- › EU 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

### Choose

The information and guidance counsellors at the InfOR-études [<https://www.ulb.be/en/studies-info-desk-1>] service will help you choose your studies throughout the year.

### Succeed

Take part in preparatory courses [<https://www.ulb.be/en/studies-info-desk-1>] or get help to succeed [<https://www.ulb.be/en/studies-info-desk-1>], before or during your studies.

### Get help

Apply for financial aid, look for accommodation or a student job, get support [<https://www.ulb.be/fr/aides-services-et-accompagnement/aid-services-and-support-1>] for your specific needs.

## 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

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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-EDPHM | MA-EDPH

## Cours obligatoires

- BIME-I4284 **Physiologie adaptée à l'activité motrice** | Alain CARPENTIER (Coordinator), Stéphane BAUDRY and Vitalie FAORO  
 5 credits [lecture: 54h]  first term  French
- BIME-I4294 **Physiologie, diététique et premiers soins** | Stéphane BAUDRY (Coordinator), Alain CARPENTIER, Vitalie FAORO and Marc VAN NUFFELEN  
 5 credits [lecture: 24h, tutorial classes: 12h, practical work: 24h]  first and second terms  French
- EDPH-I4364 **Méthodologie de l'activité motrice et de l'entraînement** | Alain CARPENTIER (Coordinator) 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-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
- EDPH-I4464 **Méthodologie, législation du sport et organisation d'événement sportif** | Nathalie GUISSARD (Coordinator), Marc VAN NUFFELEN, LUC VANDEPUTTE and David Zarka  
 5 credits [lecture: 48h, practical work: 12h, work placement: 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

*An alternative chosen from the two following*

## Finalité européenne en préparation physique, mentale et réathlétisation (uniquement pour les lyonnais)

- EDPH-I529 (optional) **Finalité européenne PPMR - Stages, colloques et séminaires** | Alain CARPENTIER (Coordinator), Nathalie GUISSARD and Justine MAGNARD  
 15 credits [lecture: 6h, tutorial classes: 12h, seminars: 30h, work placement: 90h]  first term  French

or

## Pour les belges

*One course chosen from the following*

EDPH-I4374  
(optional)

**Théorie et pratique de la préparation physique, fitness, santé** | Alain CARPENTIER (Coordinator), Nathalie GUISSARD and Justine MAGNARD

🕒 15 credits [lecture: 6h, tutorial classes: 12h, seminars: 30h, work placement: 90h, personal assignments: 42h] 📅 first and second terms 🗨 French

EDPH-I4454  
(optional)

**Théorie et pratique de la préparation physique du sportif de haut niveau** | Alain CARPENTIER (Coordinator) and Justine MAGNARD

🕒 15 credits [lecture: 6h, tutorial classes: 12h, seminars: 30h, work placement: 50h, personal assignments: 82h] 📅 first and second terms 🗨 French



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### Bloc 2 | M-EDPHM | 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: 40h, practical work: 12h, personal assignments: 8h] 📅 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 and second terms 🗨️ French
- EDPH-I5385 **Stages d'intégration professionnelle** | Nathalie GUISSARD (Coordinator), Alain CARPENTIER and David Zarka  
⌚ 5 credits [seminars: 20h, work placement: 50h, personal assignments: 10h] 📅 first and second terms 🗨️ French
- MEMO-I500 **Mémoire**  
⌚ 15 credits [mfe/tfe: 180h] 📅 academic year 🗨️ French

## Cours spécifiques

- EDPH-Y502 **Charge mentale et concentration**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y506 **Gestion des ressources de l'athlète**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y513 **Approche scientifique de la réathlétisation**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y514 **Approche psychologique de la performance**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y515 **Approche biomécanique de la performance**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y516 **Communication écrite et orale**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y517 **Apprentissage et cerveau: facteur d'optimisation de la performance**  
⌚ 3 credits 📅 second term 🗨️ French
- EDPH-Y518 **Expérience professionnelle**  
⌚ 6 credits 📅 second term 🗨️ French
- EDPH-Y520 **Préparation physique et Nutrition**  
⌚ 3 credits 📅 second term 🗨️ French