

Master in Motor skills : Physical Education

Focus mental and athletic training

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), 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-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] 📅 second term 🗨️ 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-Y519 **Expérience professionnelle**
⌚ 3 credits 📅 second term 🗨️ French