

# Master in Motor skills : Physical Education

## Focus Physical preparation

















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-EDPHP | 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

## Finalité préparation physique

- EDPH-I4374 **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

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### Bloc 2 | M-EDPHP | 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

## Finalité préparation physique

- EDPH-I5365 [Théorie et pratiques spécialisées dans le milieu de la préparation physique et du fitness](#) | Alain CARPENTIER (Coordinator), Nathalie GUISSARD and Justine MAGNARD  
⌚ 15 credits [lecture: 6h, practical work: 12h, seminars: 42h, work placement: 100h, personal assignments: 20h] 📅 first and second terms 🗨️ French

## Modules d'options

- EDPH-I4274 [Prévention du dos et principes élémentaires de massage et de taping](#) | Nathalie GUISSARD (Coordinator) and David Zarka  
⌚ 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-I5445 [Compléments d'activités motrices](#) | Nathalie GUISSARD (Coordinator)  
⌚ 5 credits [practical work: 20h, work placement: 24h] 📅 first and second terms 🗨️ French