



This learning unit is not being organized during this academic year.

Language :	French
Place of the course	Louvain-la-Neuve
Main themes	<p>The activities undertaken to meet these objectives will be diversified and will allow the development of the body schema and the experimentation/evaluation of the fundamental socio-psycho-motor actions of the disciplines covered later in the course:</p> <ul style="list-style-type: none"> • Development of proprioception, laterality, rhythm, agility, etc. • Manipulate and control the ball (different balls) with the different parts of the body in an individual situation, then with a partner and/or against an opponent (guard, protect the ball); • Catching, throwing, passing, pushing, dribbling, etc., the ball with a partner and/or against an opponent, • Correctly perceive the trajectory of the ball, adapt your movement to position yourself adequately to intervene (catch the ball, deflect it, etc.). • Work on strength and flexibility by emphasizing the quality of movements/postures (execution, positioning, rhythm). • Development of endurance through running training on varied terrain.
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>1 Demonstrate a sufficient level of practice in the psychomotor fundamentals (proprioception, agility, etc.), the bioenergetic fundamentals (endurance, strength, flexibility) and the communication/cooperation fundamentals of physical and sporting activities. (1.2)</p>
Evaluation methods	<p>Final practical assessment including subject tests to measure the achievement of the learning outcomes. The assessment ensures that the student can only succeed if he or she masters the "essential" learning outcomes targeted by the EU.</p> <p>For each test, the teacher communicates and evaluates the mastery of the "essential" individual and collective learning outcomes and the "specific" learning outcomes. Only students who have mastered the "essential" learning outcomes in each of the sports disciplines practised will validate the teaching unit and will receive a mark of 10/20. A higher mark will correspond to the mastery of the "improvement" learning outcomes.</p> <p>Active physical presence in the course is compulsory. The percentage and quality of attendance will be collected by the teachers. Physically active attendance means full and effective participation in order to exercise the skills conveyed in the course. In accordance with article 72 of the General Regulations for Studies and Examinations, the course instructors may propose to the jury that it oppose the registration of a student who has not physically participated in at least 80% of the courses during the January/June or September session.</p> <p>The second session tests are identical to the first session tests. The student must take all the tests that assess the learning outcomes that have not been achieved.</p> <p>The student will ask the teacher in charge and the teachers responsible for the second session to set up the necessary conditions for the second session evaluation situations. (e.g. sufficient number of players for the assessment situation)</p> <p>If not, the teacher may refuse access to the second session assessment.</p>
Content	<p>Psycho-socio-motor foundations of games and team sports</p> <p>To develop spatio-temporal adjustment capacities (balloon handling, trajectory analysis...) in order to be able to integrate into a collective situation.</p> <p>Ability to perceive hastily trajectories (space and time) of balloons (3 dimensions) and motor adaptation capacity adapted to these trajectories (rolling machines, machines launched vertically, laterally, in depth, coming from behind)</p> <p>Ability to balance after moves to adapt to a mobile device, partner and/or opponent</p> <p>Ability to touch, hit, send or deflect a moving device (hit in multiple ways with both foot and hand).</p> <p>Ability to move off-center in relation to the machine or partners.</p> <p>Ability to perceive possibilities for action and to make quick decisions for action based on perceived elements</p> <p>Ability to link tasks (status changes, role changes, play with and without ball)</p> <p>Pre-techniques more specific to the sports concerned</p>

	Translated with www.DeepL.com/Translator (free version)
Other infos	Active physical presence in the course is compulsory. The percentage and quality of attendance will be collected by the teachers. Physically active attendance means full and effective participation in order to exercise the skills conveyed in the course. In accordance with article 72 of the General Regulations for Studies and Examinations, the course instructors may propose to the jury that it oppose the registration of a student who has not physically participated in at least 80% of the courses during the January/June or September session.
Faculty or entity in charge	FSM

