

2.00 credits

0 h + 30.0 h

Q1 and Q2

Teacher(s)	De Jaeger Dominique ;
Language :	French > English-friendly
Place of the course	Louvain-la-Neuve
Prerequisites	<i>The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.</i>
Main themes	Major topics presented in this teaching unit include : 1. Physical preparation : strength and flexibility in order to allow correct learning and realisation of gymnastic and acrobatic skills. 2. Technical preparation : - learning fundamental gymnastic and acrobatic skills - preparation for further learning of more complex skills.
Learning outcomes	At the end of this learning unit, the student is able to : 1 The students will be able to perform fundamental gymnastic and acrobatic movements. They will develop their spatial orientation, motor coordination, physical strength and flexibility.
Evaluation methods	Students will be assessed at different times of the year. Participation in all tests is compulsory, and students must obtain a minimum mark of 40% for each test. The final score will be the weighted mean of all the tests. The applied weighting is explained in a document available on the Moodle page of the course. The final mark is a maximum of 9/20 if the student has not obtained the minimum mark of 40% for one of the tests, a maximum of 8/20 if the student has not obtained the minimum mark of 40% for 2 of the tests, a maximum of 7/20 if the student has not obtained the minimum mark of 40% for 3 of the tests, a maximum of 6/20 if the student has not obtained the minimum mark of 40% for 4 of the tests, a maximum of 5/20 if the student has not obtained the minimum mark of 40% for 5 of the tests, and so on. The students receive a mark of 0 for the test if they are present but do not take the test. Students who are absent without valid reason from one or more evaluation sessions will receive an "A (= absent)" grade for the entire course in the June session. In the second session, students may choose not to present the tests for which they obtained a score of at least 40%. For these tests, the score previously obtained during the year can be kept.
Teaching methods	Physical and technical preparation are progressively combined to help students learn specific motor skills. These motor skills are first performed alone and later integrated in motor sequences. Special attention is paid to the quality of performance : right positioning, technically correct motion. Various teaching techniques and learning situations are implemented, allowing an individual and safe progression.
Content	Specific physical preparation : development of flexibility and strength Technical preparation : <ul style="list-style-type: none">• Basic postures : tuck, pike, layout and curvilinear positions• Specific technical learning : acrobatic motor skills are performed either alone or in motor sequences on the floor (men and women), on uneven bars (women), high bar and parallel bars (men).
Inline resources	https://moodle.uclouvain.be/course/view.php?id=1564
Other infos	Pre-requisite Evaluation Support Supervision Others
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)

Program title		