

EDPH1BA - Introduction

Introduction

Introduction

Studying for a bachelor's degree in physical education gives you the opportunity to explore the many facets of sport, physical activity, health and movement.

This programme enables you to acquire the general and specific theoretical knowledge and practical skills needed to become competent professionals in the field of physical education.

Through a variety of courses covering physiology, psychology, sociology, pedagogy and management of sport and physical activity, you will be prepared to design training programmes, run physical education classes and promote an active and healthy lifestyle to different audiences.

These studies also offer you opportunities to obtain additional diplomas in the fields of physical activity and sport (for example, Adeps diplomas).

At the end of the first cycle, you will :

- have developed your physical and motor skills in a wide range of sports ;
- have a solid scientific background, which will help to make you a versatile and adaptable professional;
- have acquired initial experience in teaching physical and sports activities.

Your profile

If you're interested in sport and physical activity - teaching, training or management - and would like to expand your knowledge of both theory and practice in this area, then studying physical education at university may be for you.

If you recognise yourself in the above profile, ask yourself the following questions:

- Do you have a good scientific background (biology, chemistry and physics) and would you like to study these subjects in greater depth?
- Do you have a bit of a sporting background? Are you passionate about understanding and improving sportsmanship?
- Do you want to understand the economic, political and social issues surrounding sport and physical activity?
- Do you enjoy contact with other people? Do you want to help other people get back into shape or excel in a sporting discipline?
- Do you want to get involved and take on responsibilities in the world of physical activity, sport and/or education?

If you have no contraindications to practising sport and you are enthusiastic and motivated to study physical education in all its forms, that's already a good start.

Don't forget that, generally speaking, success at university requires cognitive skills: a good command of written and spoken French, reading comprehension of English, the ability to analyse and summarise, as well as organisational and interpersonal skills.

Your future job

Your skills will enable you to work with all sections of the population to meet the specific needs of physical activity and sport and thus contribute to the development of everyone, individually or collectively.

Your work will be adapted to the target audience (children, teenagers, adults, the elderly or disabled, public, professional or private non-market sports organisations).

You will be able to apply your skills in a variety of environments: secondary education, sports management, coaching amateur sportsmen and women through to top-level sportsmen and women, the paramedical field, etc.

Your programme

The bachelor's degree offers you:

- the scientific foundations needed to understand movement: chemistry, biology, anatomy, biomechanics, physiology, psychology, philosophy, sociology, etc. ;
- the theoretical foundations specific to the motor sciences, on which you will build your teaching and professional practice: training, motor learning, introduction to sports management, health promotion, etc. ;
- mastery of physical activities and sports disciplines: athletics, gymnastics, team sports, swimming, expressive activities, etc. ;
- training in the pedagogical principles specific to the teaching of physical activities and sport;
- sports lessons given by specialists at the Blocry sports complex, just a few minutes from your classrooms.

The teaching is based on scientific principles nurtured by high-quality research carried out by the faculty's academics.

Once you have obtained your bachelor's degree, you can continue your training with a Master's degree in motor sciences, specialising in physical education, or a Master's degree in initial teacher training.

EDPH1BA - Teaching profile

4.2 Dialogue effectively and appropriately with your peer(s) and teachers, demonstrating listening skills, empathy and assertiveness.

It is through the study of movement that the Faculty of Motor Sciences (FSM) asserts its specificity within the university and society. At the start of their studies in physical education, students share their general training with physiotherapy and rehabilitation students. This partial equivalence of training facilitates any reorientation.

Studies in physical education are based on the mastery of physical activities and sports disciplines, as well as on the theoretical knowledge on which this practical training is based. The Bachelor's degree in physical education totals 180 credits divided, according to a standard programme, into 3 blocks of 60 credits each.

This division into three annual blocks takes into account the prerequisites and presents a typical pathway for students who successfully complete each year of their training. The programme consists of a major of 150 credits and a **minor of 30 credits**, chosen by the student from the FSM or another faculty.

Main subjects

The teaching provided during the bachelor's degree course in motor sciences, general orientation, finds its richness and specificity in its multiple roots. From the first year of study, the standard programme offers specific practical training for physical education students. From the second annual block of the bachelor's programme, the standard programme offers students choices to enrich their training in sports practice (15 credits per year).

With around twenty hours of classes per week, the programme gives students the time they need for study and personal training.

- Training in exact, biomedical, human and social sciences, motor sciences (shared with physiotherapy):
- Anatomy and movement analysis - Biology - Chemistry - Critical thinking - Physics - Biomechanics - Neurophysiology - Philosophy - Physiology - Psychology.
- Training in motor sciences specific to physical education:
 - Introduction to physical activity and health - Sport and society - Theoretical foundations of training - Lifelong personal development - Socio-historical, legal, economic and institutional dimensions of physical activities and sport - Communication techniques in physical education - Fundamentals of motor learning - Health promotion through physical activity - Introduction to sport management.
- Practical and pedagogical training specific to physical education :
 - Physical, sporting and expressive activities: Athletics - Dance and expressive activities - Gentle techniques - Artistic gymnastics and acrobatic sports - Games and team sports - Swimming - Didactics of physical and sporting activities.
- Language training : English compulsory and Dutch optional.

Year

1 2 3

○ LFSM1102	Essentials of systematic and functional anatomy	Catherine Behets Wydemans (coord.) Antoine Chretien Ludovic Kaminski	
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List of available minors

The 150 credits obtained from the compulsory studies are completed by 30 credits from personalised courses that the student selects from among several options.

From the second year of the Bachelor's programme on, the student may therefore opt for any of the following :

- for a collection of options and associated work experience which complements the practical sports training : From audacity in security to climbing - Outdoor Endurance Sports and associated work experience - Nature and physical and sports activities - Racket Sports - Self-defence
- for an ensemble of specific courses in Kinesitherapy and Rehabilitation (this second optional course possibility also makes it easier for the student to envisage obtaining two diplomas - one in Physical Education and one in Kinesitherapy and Rehabilitation)
- for an opening in another subject taught at UCLouvain, through the choice of a minor proposed by another UCLouvain faculty, on parallel with the pursuit of the studies in Physical Education. **Cette parape est répétée! voir ci-dessus.**

- > [Minor in Law \(access\)](#) [en-prog-2024-minadroi]
- > [Minor in Antiquity: Egypt, Eastern World, Greece, Rome](#) [en-prog-2024-minanti]
- > [Minor in History of Art and Archeology](#) [en-prog-2024-minarke]
- > [Minor in Chinese studies](#) [en-prog-2024-minchin]
- > [Minor in Information and Communication](#) [en-prog-2024-mincomu]
- > [Minor in Criminology](#) [en-prog-2024-mincrim]
- > [Minor in Culture and Creation](#) [en-prog-2024-mincucreea]
- > [Minor in Scientific Culture](#) [en-prog-2024-mincults]
- > [Minor in Development and Environment](#) [en-prog-2024-mindenv]
- > [Minor : Issues of Transition and Sustainable Development \(*\)](#) [en-prog-2024-mindd]
- > [Minor in Economics](#) [en-prog-2024-minecon]
- > [Additional module in Motor skills](#) [en-prog-2024-appedph]
- > [Minor in European Studies](#) [en-prog-2024-mineuro]
- > [Minor in Gender Studies](#) [en-prog-2024-mingenre]
- > [Minor in Mangement \(basic knowledge\)](#) [en-prog-2024-minogest]
- > [Minor in History](#) [en-prog-2024-minhist]
- > [Minor in Human and Social Sciences](#) [en-prog-2024-minhuso]
- > [Minor in Arabic language and Islamic civilization](#) [en-prog-2024-minislam]
- > [Minor in Philosophy](#) [en-prog-2024-minfilo]
- > [Minor in Medieval Studies](#) [en-prog-2024-minmedi]
- > [Minor in entrepreneurship \(*\)](#) [en-prog-2024-minmpme]
- > [Minor in Musicology](#) [en-prog-2024-minmusi]
- > [Minor in Law \(openness\)](#) [en-prog-2024-minodroi]
- > [Minor in Economics \(open\)](#) [en-prog-2024-minoeco]
- > [Minor in Oriental Studies](#) [en-prog-2024-minori]
- > [Minor in Sciences of Religions \(openness\)](#) [en-prog-2024-minreli]
- > [Minor in Sociology and Anthropology](#) [en-prog-2024-minsoca]
- > [Minor in Population and Development Studies](#) [en-prog-2024-minsped]
- > [Minor in Political Sciences](#) [en-prog-2024-minspol]
- > [Minor in numerical technologies and society](#) [en-prog-2024-minstic]
- > [Minor in Christian Theology](#) [en-prog-2024-mintheo]
- > [Mineure en statistique et science des données](#) [en-prog-2024-mindata]
- > [Minor in Literary Studies](#) [en-prog-2024-minlitter]
- > [Minor in Linguistics](#) [en-prog-2024-minlingui]

(*) This programme is the subject of access criteria

Course prerequisites

The **table** below lists the activities (course units, or CUs) for which there are one or more prerequisites within the programme, i.e. the programme CU for which the learning outcomes must be certified and the corresponding credits awarded by the jury before registering for that CU.

These activities are also identified in the **detailed programme**: their title is followed by a yellow square.

Prerequisites and student's annual programme

As the prerequisite is for CU registration purposes only, there are no prerequisites within a programme year. Prerequisites are defined between CUs of different years and therefore influence the order in which the student will be able to register for the programme's CUs.

In addition, when the jury validates a student's individual programme at the beginning of the year, it ensures its coherence, meaning that it may:

- require the student to combine registration in two separate CUs which it considers necessary from a pedagogical point of view.
- transform a prerequisite into a corequisite if the student is in the final year of a degree course.

For more information, please consult the [Academic Regulations and Procedures](#).

FSM programs are being reformed

Did you register for this program before 2024-25? Consult the [2023-24 table](#) of activities with prerequisites.

Are you enrolling for the first time in the first year of your bachelor's degree in 2024-25? Follow [this link](#) to consult the table of activities with prerequisites intended for you.

Prerequisites list

- LANGL2451** "[Anglais - Communication interactive](#)" has prerequisite(s) LANGL1851
- LANGL1851 - [English for physiotherapists and physical educators](#)
- LEDPH1021** "[Expression](#)" has prerequisite(s) LEPHY1103 ET LFSM1102
- LEPHY1103 - [Fundamentals of expression activities](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1022** "[Natation 2](#)" has prerequisite(s) LEPHY1104 ET LFSM1102
- LEPHY1104 - [Swimming 1](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1023** "[Athlétisme 2](#)" has prerequisite(s) LEPHY1107 ET LFSM1102
- LEPHY1107 - [Athletism 1 \(parts A and B\)](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1024** "[Jeux et sports collectifs](#)" has prerequisite(s) LFSM1109 ET LEPHY1105 ET LEDPH1001
- LFSM1109 - [Biomechanics and analysis of the musculoskeletal system](#)
 - LEPHY1105 - [Collective sports](#)
 - LEDPH1001 - [Fundamentals of team sports and games](#)
- LEDPH1025** "[Gymnastique et sports acrobatiques](#)" has prerequisite(s) LEPHY1106 ET LFSM1102
- LEPHY1106 - [Foundations of gymnastics and acrobatic sports \(Parts A and B\)](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1026** "[Fitness](#)" has prerequisite(s) LFSM1102 ET LEDPH1002
- LFSM1102 - [Essentials of systematic and functional anatomy](#)
 - LEDPH1002 - [Basement of physical and sports activities](#)
- LEDPH1028** "[Biomécanique appliquée aux sports](#)" has prerequisite(s) LFSM1102 ET (LFSM1103 OU LIEPR1003) ET LFSM1105 ET LFSM1109
- LFSM1102 - [Essentials of systematic and functional anatomy](#)
 - LFSM1103 - [Critical thinking and scientific posture](#)
 - LIEPR1003 - [Treatment of data](#)
 - LFSM1105 - [Physics](#)
 - LFSM1109 - [Biomechanics and analysis of the musculoskeletal system](#)
- LEDPH1029** "[Techniques de la communication, de l'observation et de l'auto-évaluation en éducation physique](#)" has prerequisite(s) LFSM1109
- LFSM1109 - [Biomechanics and analysis of the musculoskeletal system](#)
- LEDPH1030** "[Fondements théoriques de l'entraînement des activités physiques et sportives et apprentissage moteur](#)" has prerequisite(s) LFSM1102 ET (LFSM1103 OU LIEPR1003) ET LFSM1107 ET LEPHY1108
- LFSM1102 - [Essentials of systematic and functional anatomy](#)
 - LFSM1103 - [Critical thinking and scientific posture](#)
 - LIEPR1003 - [Treatment of data](#)
 - LFSM1107 - [Psychology](#)
 - LEPHY1108 - [Introduction to physical activity and health](#)
- LEDPH1031** "[Autodéfense](#)" has prerequisite(s) LEPHY1110
- LEPHY1110 - [Theoretical foundations of training](#)

The programme's courses and learning outcomes

For each UCLouvain training programme, a [reference framework of learning outcomes](#) specifies the the skills expected of every graduate on completion of the programme. Course unit descriptions specify targeted learning outcomes, as well as the unit's contribution to reference framework of learning outcomes.

Detailed programme per annual block

EDPH1BA - 1ST ANNUAL UNIT

- Mandatory
 - ✂ Optional
 - △ Not offered in 2024-2025
 - ⊗ Not offered in 2024-2025 but offered the following year
 - ⊕ Offered in 2024-2025 but not the following year
 - △ ⊕ Not offered in 2024-2025 or the following year
 - Activity with requisites
 - 🌐 Open to incoming exchange students
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o Formation théorique en sciences de la motricité

o LEPHY1108	Introduction to physical activity and health	Sebastiaan de Geus	[q2] [22.5h] [3 Credits]
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EDPH1BA - 2ND ANNUAL UNIT

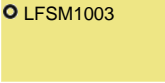
- Mandatory
- ✘ Optional
- △ Not offered in 2024-2025
- Not offered in 2024-2025 but offered the following year
- ⊕ Offered in 2024-2025 but not the following year
- △ ⊕ Not offered in 2024-2025 or the following year
- Activity with requisites
- 🌐 Open to incoming exchange students
- 🌐 Not open to incoming exchange students
- (FR) Teaching language (FR, EN, ES, NL, DE, ...)





[Click on the course title to see detailed informations \(objectives, methods, evaluation...\)](#)

o Programme de base


o Formation de base en sciences exactes et biomédicales

● LFSM1003



○ LEDPH1026	Fitness 	Louise Deldicque	FR [q1+q2] [0h +30h] [2 Credits] 
○ LEDPH9012	Pratique complémentaire d'une activité physique et sportive 2 (stage) 	Marc Francaux (coord.)	FR [q1+q2] [] [2 Credits] 

o Formation en langues

○ LANGL1851	English for physiotherapists and physical educators	Fanny Desterbecq Sandrine Meirlaen Jean-Paul Nyssen (coord.) Hila Peer Mark Theodore Pertuit Florence Simon	EN [q1+q2] [45h] [4 Credits] 
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o **Minor or additional module**

L'étudiant choisit une mineure parmi l'ensemble des mineures offertes à l'UCLouvain ou un approfondissement en pratiques sportives à raison de 15 crédits en BAC2 et 15 crédits en BAC3.
Maximum 1 element(s)

o Formation en langues

o Cours au choix

Un cours à choisir parmi les cours proposés ci-dessous.

✘ LANGL2451



EDPH1BA - Information

Access Requirements

Decree of 7 November 2013 defining the landscape of higher education and the academic organization of studies.

The admission requirements must be met prior to enrolment in the University.

In the event of the divergence between the different linguistic versions of the present conditions, the French version shall prevail.

SUMMARY

- [General access requirements](#)
- [Specific access requirements](#)
- [Access based on validation of professional experience](#)
- [Special requirements to access some programmes](#)

General access requirements

Except as otherwise provided by other specific legal provisions, admission to undergraduate courses leading to the award of a Bachelor's degree will be granted to students with one of the following qualifications :

1. A Certificate of Upper Secondary Education issued during or after the 1993-1994 academic year by an establishment offering full-time secondary education or an adult education centre in the French Community of Belgium and, as the case may be, approved if it was issued by an educational institution before 1 January 2008 or affixed with the seal of the French Community if it was issued after this date, or an equivalent certificate awarded by the Examination Board of the French Community during or after 1994;
2. A Certificate of Upper Secondary Education issued no later than the end of the 1992-1993 academic year, along with official documentation attesting to the student's ability to pursue higher education for students applying for a full-length undergraduate degree programme;
3. A diploma awarded by a higher education institution within the French Community that confers an academic degree issued under the above-mentioned Decree, or a diploma awarded by a university or institution dispensing full-time higher education in accordance with earlier legislation;
4. A higher education certificate or diploma awarded by an adult education centre;
5. A pass certificate for one of the [entrance examinations](#) organized by higher education institutions or by an examination board of the French Community; this document gives admission to studies in the sectors, fields or programmes indicated therein;
6. A diploma, certificate of studies or other qualification similar to those mentioned above, issued by the Flemish Community of Belgium, the German Community of Belgium or the Royal Military Academy;
7. A diploma, certificate of studies or other qualification obtained abroad and deemed equivalent to the first four mentioned above by virtue of a law, decree, European directive or international convention;

Note:

Requests for equivalence must be submitted to the Equivalence department ([Service des équivalences](#)) of the Ministry of Higher Education and Scientific Research of the French Community of Belgium in compliance with the official deadline.

The following two qualifications are automatically deemed equivalent to the Certificate of Upper Secondary Education (Certificat d'enseignement secondaire supérieur – CESS):

- European Baccalaureate issued by the Board of Governors of a European School,
- International Baccalaureate issued by the International Baccalaureate Office in Geneva.

8. Official documentation attesting to a student's ability to pursue higher education (diplôme d'aptitude à accéder à l'enseignement supérieur - DAES), issued by the Examination Board of the French Community.

Specific access requirements

- Access to bachelor programmes for candidates of nationality outside the European Union who are not assimilated to Belgian nationals is subject to the following criteria:
 - not have obtained a secondary education diploma for more than 3 years maximum. Example: for an admission application for the academic year 2024-2025, you must have obtained your diploma during the academic years 2021-2022, 2022-2023 ou 2023-2024. In the French Community of Belgium, the academic year runs from September 14 to September 13
 - not already hold an undergraduate degree
- Candidates, whatever their nationality, with a secondary school diploma **from a country outside the European Union**, must have obtained an average of 13/20 minimum or, failing that, have obtained this average, have passed one year of study in Belgium (for example special Maths / sciences). A non-successful year will not be taken into consideration.

- For any secondary school diploma **from a European Union country**, the admission request must contain the equivalence of your diploma or, at the very least, proof of the filing of the equivalence request with the Wallonia-Brussels Federation (French Community of Belgium). For any information relating to obtaining an equivalence, please refer to [the following site](#).
- For any secondary school diploma **from a country outside the European Union**, the admission application must contain the [equivalence of your diploma](#) issued by the Wallonia-Brussels Federation (French Community of Belgium). If you have a restrictive equivalence for the programme of your choice, in addition of it, you **must** have either the [DAES](#) or a certificate of successful completion of the [examination giving access to 1st cycle studies](#) when you submit your application

Access based on validation of professional experience

Admission to undergraduate studies on the basis of accreditation of knowledge and skills obtained through professional or personal experience (Accreditation of Prior Experience)

Subject to the general requirements laid down by the authorities of the higher education institution, with the aim of admission to the undergraduate programme, the examination boards accredit the knowledge and skills that students have obtained through their professional or personal experience.

This experience must correspond to at least five years of documented activity, with years spent in higher education being partially taken into account: 60 credits are deemed equivalent to one year of experience, with a maximum of two years being counted. At the end of an assessment procedure organized by the authorities of the higher education institution, the Examination Board will decide whether a student has sufficient skills and knowledge to successfully pursue undergraduate studies.

After this assessment, the Examination Board will determine the additional courses and possible exemptions constituting the supplementary requirements for the student's admission.

Special requirements to access some programmes

- Admission to **undergraduate studies in engineering: civil engineering and architect**

Pass certificate for the [special entrance examination for undergraduate studies in engineering: civil engineering and architect](#).

Admission to these courses is always subject to students passing the special entrance examination. Contact the faculty office for the programme content and the examination arrangements.

- Admission to **undergraduate studies in veterinary medicine**

[Admission to undergraduate studies in veterinary medicine is governed by the Decree of 16 June 2006 regulating the number of students in certain higher education undergraduate courses \(non-residents\)](#).

- Admission to **undergraduate studies in physiotherapy and rehabilitation**

[Admission to undergraduate studies in physiotherapy and rehabilitation is governed by the Decree of 16 June 2006 regulating the number of students in certain higher education undergraduate courses \(non-residents\)](#).

- Admission to **undergraduate studies in psychology and education: speech and language therapy**

[Admission to undergraduate studies in psychology and education: speech and language therapy is governed by the Decree of 16 June 2006 regulating the number of students in certain higher education undergraduate courses \(non-residents\)](#).

- Admission to **undergraduate studies in medicine and dental science**

[Admission to undergraduate studies in medicine and dental science is governed by the Decree of 16 June 2006 regulating the number of students in certain higher education undergraduate courses \(non-residents\)](#).

Note: students wishing to enrol for a **Bachelor's degree in Medicine** or a **Bachelor's degree in dental science** must first sit an [aptitude test \(fr\)](#).

- Access to **Bachelor of Science in Business Engineering**

The Bachelor of Science in Business Engineering is a joint program organised by KU Leuven and UCLouvain Saint-Louis Bruxelles. In order to register, all candidate must first submit an application via the [KU Leuven admission platform](#). The [conditions of access](#) to this programme are specific.

Teaching method

The alternation between scientific training and training in the practice of physical activities and sport is highly specific to physical education training. Learning activities therefore use a range of teaching methods, from a purely individual theoretical approach to the construction of knowledge and know-how as part of a team, with the emphasis on interdisciplinarity and innovation through new technologies. Training for a bachelor's degree in physical education thus makes students players in their own training and co-actors in the training of their peers, while respecting the ethics and deontology of their discipline.

Lectures in the motor sciences are particularly aimed at developing the specific knowledge and skills on which the know-how developed in practical training is based.

The use of tutoring, monitoring and practical work is a major asset in the training provided in lectures relating to the exact, biomedical and human sciences. In this way, the knowledge imparted in these courses is based on a concrete scientific approach at the cutting edge of research.

Evaluation

The evaluation methods comply with the regulations concerning studies and exams. More detailed explanation of the modalities specific to each learning unit are available on their description sheets under the heading "Learning outcomes evaluation method".

Each course is assessed in the form of examinations, organised in two main sessions: one in January and the other in June. The September session is a make-up session. Students are informed of the exact examination arrangements at the beginning of the course. For theory courses, assessment is based on a written or oral exam, depending on the course. It may be combined with and/or replaced by continuous assessment elements.

For practical training, assessment is continuous and may be supplemented by a final assessment. It places the emphasis on know-how in the field of physical education, but also on behavioural skills, which are central to a training programme that focuses on skills-sharing professions.

To obtain the average, the marks obtained for the teaching units are weighted by their respective credits.

Mobility and/or Internationalisation outlook

During their course, all students have the opportunity to spend part of their course in a foreign country thanks to the many partnerships developed by the WSF in Europe (France, Switzerland, Spain) and outside Europe (Canada, Chile).

Possible trainings at the end of the programme

Position of the programme in the curriculum :

Master's degree accessible without prerequisites: the bachelor's degree gives direct access to the master's programme in motor sciences, physical education orientation and the master's programme in initial teacher training.

Other courses available on completion of the programme:

- Master's degree accessible with additional prerequisites: Master's programme in physiotherapy and rehabilitation;
- UCLouvain Master's degree accessible directly: Master's degree (120 credits) in population and development sciences.

Contacts

Curriculum Management

Faculty

Structure entity

Denomination

Sector

Acronym

Postal address

SSS/FSM

Faculty of Movement and Rehabilitation Sciences (FSM)

Health Sciences (SSS)

FSM

Place Pierre de Coubertin 1 - bte L8.10.01

1348 Louvain-la-Neuve

