



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

Learning outcomes

The programs of the FSM are currently being reformed.

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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.

EDPH1BA Programme

Detailed programme by subject

The programs of the FSM are currently undergoing reforms.

Are you enrolling for the first time in the first year of bachelor's in 2024-25 ? Only the 1st annual unit specified on this page is intended for you. To view your program in 2nd and 3rd annual unit, [click here](#).

Did you enroll in this program before 2024-25 ? Only the 2nd and 3rd annual units on this page are intended for you. To see your complete program, refer to the program published [in 2023-24](#).

- 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...)

Year

1 2 3

o Programme de base (150 credits)

o Formation de base en sciences exactes et biomédicales (58 credits)

○ LFSM1101	General chemistry and biomolecules	Patrick Henriët	FR [q1] [37.5h] [4 Credits]	⊗		
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Year

1 2 3

● LFSM1102	Essentials of systematic and functional anatomy	Catherine Behets Wydemans (coord.) Antoine Chretien Ludovic Kaminski	
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				Year		
				1	2	3
⌘ LANGL2451	English - communication skills 🟡	Stéphanie Brabant Philippe Denis Marie Duzel Claudine Grommersch (coord.) Carlo Lefevre Sandrine Meirlaen Jean-Paul Nyssen Lutgarde Schrijvers	EN [q2] [30h] [2 Credits] 🌐			x
⌘ LNEER2451	Dutch communication skills for students in Physiotherapy, Sports and Physical Training 🟡	Katrien De Rycke (coord.)	NL [q2] [30h] [2 Credits] 🌐			x

o Minor or additional module (30 credits)

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)

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 paraphe est répétée! voir ci-dessus.**

- > [Minor in Law \(access\)](#) [en-prog-2024-minadro]
- > [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-mincucrea]
- > [Minor in Scientific Culture](#)

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** "English - communication skills" has prerequisite(s) LANGL1851
- LANGL1851 - [English for physiotherapists and physical educators](#)
- LEDPH1021** "Expression" has prerequisite(s) LEPHY1103 AND LFSM1102
- LEPHY1103 - [Fundamentals of expression activities](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1022** "Swimming 2" has prerequisite(s) LEPHY1104 AND LFSM1102
- LEPHY1104 - [Swimming 1](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1023** "Athletics 2" has prerequisite(s) LEPHY1107 AND LFSM1102
- LEPHY1107 - [Athletism 1 \(parts A and B\)](#)
 - LFSM1102 - [Essentials of systematic and functional anatomy](#)
- LEDPH1024** "Team sports and games" has prerequisite(s) LFSM1109 AND LEPHY1105 AND LEDPH1001
- LFSM1109 - [Biomechanics and analysis of the musculoskeletal system](#)
 - LEPHY1105 - [Collective sports](#)
 - LEDPH1001 - [Fundamentals of team sports and games](#)
- LEDPH1025** "Gymnastics and acrobatic sports 2" has prerequisite(s) LEPHY1106 AND 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 AND LEDPH1002
- LFSM1102 - [Essentials of systematic and functional anatomy](#)
 - LEDPH1002 - [Basement of physical and sports activities](#)
- LEDPH1028** "Sports biomechanics" has prerequisite(s) LFSM1102 AND (LFSM1103 OR LIEPR1003) AND LFSM1105 AND LFSM1109
- LFSM1102 - [Essentials of systematic and functional anatomy](#)
 - LFSM1103 - [Critical thinking and scientific posture](#)
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- LEDPH1029 - [Communication, observation and auto-evaluation in physical education](#)
 - LEDPH1021 - [Expression](#)
 - LIEPR1022 - [Systems Physiology](#)
- LEDPH1042** "[Methodology of swimming](#)" has prerequisite(s) LEDPH1029 AND LEDPH1022 AND LIEPR1022
- LEDPH1029 - [Communication, observation and auto-evaluation in physical education](#)
 - LEDPH1022 - [Swimming 2](#)
 - LIEPR1022 - [Systems Physiology](#)
- LEDPH1043** "[Didactic of athletics](#)" has prerequisite(s) LEDPH1029 AND LEDPH1023 AND LIEPR1022
- LEDPH1029 - [Communication, observation and auto-evaluation in physical education](#)
 - LEDPH1023 - [Athletics 2](#)
 - LIEPR1022 - [Systems Physiology](#)
- LEDPH1044** "[Didactic in team sports and games](#)" has prerequisite(s) LEDPH1029 AND LEDPH1024 AND LIEPR1022
- LEDPH1029 - [Communication, observation and auto-evaluation in physical education](#)
 - LEDPH1024 - [Team sports and games](#)
 - LIEPR1022 - [Systems Physiology](#)
- LEDPH1045** "[Teachings methods for acrobatic sports](#)" has prerequisite(s) LEDPH1028 AND LEDPH1029 AND LEDPH1030 AND LEDPH1025
- LEDPH1028 - [Sports biomechanics](#)
 - LEDPH1029 - [Communication, observation and auto-evaluation in physical education](#)
 - LEDPH1030 - [Theoretical basis of sport and physical activity training, and theoretical basis of motor learning](#)
 - LEDPH1025 - [Gymnastics and acrobatic sports 2](#)
- LEDPH1046** "[Psychomotor development throughout life](#)" has prerequisite(s) (LIEPR1003 OR LFSM1103) AND LFSM1107 AND LEPHY1108 AND LEDPH1030
- LIEPR1003 - [Treatment of data](#)
 - LFSM1103 - [Critical thinking and scientific posture](#)
 - LFSM1107 - [Psychology](#)
 - LEPHY1108 - [Introduction to physical activity and health](#)
 - LEDPH1030 - [Theoretical basis of sport and physical activity training, and theoretical basis of motor learning](#)
- LEDPH1048** "[Legal, economic and institutional aspects of physical and sport activities](#)" has prerequisite(s) LEPHY1109
- LEPHY1109 - [Sport and society](#)
- LEDPH1049** "[Socio-historical and ethical dimension of physical and sports activities](#)" has prerequisite(s) LEPHY1108 AND LEPHY1109 AND LEDPH1030
- LEPHY1108 - [Introduction to physical activity and health](#)
 - LEPHY1109 - [Sport and society](#)
 - LEDPH1030 - [Theoretical basis of sport and physical activity training, and theoretical basis of motor learning](#)
- LEDPH9012** "[Pratique complémentaire d'une activité physique et sportive 2 \(stage\)](#)" has prerequisite(s) LEDPH9001
- LEDPH9001 - [Pratique complémentaire d'une activité physique et sportive 1](#)
- LIEPR1021** "[Cellular physiology](#)" has prerequisite(s) LFSM1104
- LFSM1104 - [Biology and fundamentals in histology](#)
- LIEPR1022** "[Systems Physiology](#)" has prerequisite(s) LFSM1101 AND LFSM1104
- LFSM1101 - [General chemistry and biomolecules](#)
 - LFSM1104 - [Biology and fundamentals in histology](#)
- LIEPR1023** "[Life saving, resuscitation and first aid](#)" has prerequisite(s) LEDPH1022 AND LIEPR1022
- LEDPH1022 - [Swimming 2](#)
 - LIEPR1022

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
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- △ ⊕ 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

EDPH1BA - 2ND ANNUAL UNIT

- Mandatory
 - ✘ Optional
 - △ Not offered in 2024-2025
 - ⊖ Not offered in 2024-2025 but offered the following year
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● LEDPH1026	Fitness 🏋️	Louise Deldicque	FIT [q1+q2] [0h +30h] [2 Credits] 🌐
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EDPH1BA - 3RD 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 \(objectives, methods, evaluation...\)](#)

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. Examp90 25.60000038 650.06896973 m973 Tm [jiba00 accé

- 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

Faculty

Structure entity	SSS/FSM
Denomination	Faculty of Movement and Rehabilitation Sciences (FSM)
Sector	Health Sciences (SSS)
Acronym	FSM
Postal address	Place Pierre de Coubertin 1 - bte L8.10.01 1348 Louvain-la-Neuve Tel: +32 (0) 10 47 44 19 - Fax: +32 (0) 10 47 31 06

Mandate(s)

- Dean : Marc Francaux

Commission(s) of programme

- Commission d'encadrement en éducation par le mouvement ([EDPM](#))
- Commission d'encadrement en sport, exercices physiques et santé ([EXRC](#))
- Commission d'encadrement en physiologie et biomécanique de la locomotion ([LOCO](#))
- Commission d'encadrement en réadaptation et médecine physique ([READ](#))

Academic supervisor: [Louise Deldicque](#)

Jury

- Président de Jury: [Patrick Henriet](#)
- Secrétaire de Jury: [Cécile Delens](#)

Useful Contact(s)

- Contact: [Emmanuel Ugeux](#)

