

At Louvain-la-Neuve - 180 credits - 3 years - Day schedule - In French

Dissertation/Graduation Project : **NO** - Internship : **YES**

Activities in English: **YES** - Activities in other languages : **NO**

Activities on other sites : **NO**

Main study domain : **Sciences de la motricité**

Organized by: **Faculty of Movement and Rehabilitation Sciences (FSM)**

Programme acronym: **EDPH1BA** - Francophone Certification Framework: 6

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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 in it, you should consider studying physical education at university.

EDPH1BA - Teaching profile

Learning outcomes

The programs of the FSM are currently being reformed.

Are you enrolling for the first time in the first year of bachelor's in 2024-25? This page is for you.

Did you enroll in this program before 2024-25? For the ' Learning outcomes' section intended for you, refer to [the program published in 2023-24](#).

The challenge that the bachelor's student in motor skills, general orientation is preparing to take on is to train as best as possible to tackle the training offered in the master's degree in motor skills, physical education orientation organized by the Faculty of Motor Sciences. motor skills.

The objective is to acquire the knowledge and skills necessary to become men and women attentive to the needs that our society experiences in terms of movement.

The bachelor's program allows the student to acquire knowledge and skills that will enable them to

- critically analyze the characteristics of the movement and its effects
- identify and analyze the specificities of target audiences, particularly in terms of age and motor, physiological, psychological or sociological characteristics,
- is able to communicate what he or she has learned appropriately.

During his bachelor's program, the future graduate in physical education will have developed his training project and his personal project which he will continue during his master's program with increasing autonomy.

On successful completion of this programme, each student is able to :

1) Intervention

Identify, analyze and put into practice the intervention processes (prepare, observe, analyze, give and evaluate) in the field of physical and sporting activity in situations close to the professional context but delimited and fictitious, by mobilizing knowledge specialized scientists and appropriate technologies, with regard to the context and the objectives sought.

- 1.1 Analyze a given context (sectors, actors, etc.) in the world of sport, physical education and physical activity in order to intervene in a fictitious way.
- 1.2 Exercising your own physical and sporting activity at a level of mastery allowing for the expertise in movement necessary for your future professional practice.
- 1.3 Design and plan a relevant intervention with regard to the objectives of the problem.
- 1.4 Carry out the intervention in a relevant manner with regard to the objectives of the problem.
- 1.5 Carry out the intervention in a relevant manner with regard to the objectives of the problem.
- 1.6 Integrate innovative practices including new technologies into its interventions in an adjusted manner.
- 1.7 Through or among the different stages of the intervention process (prepare, observe, analyze, give and evaluate), identify the issues of social and environmental transition and understand their interdependence.
- 1.8 Be able to supervise your student peers in a physical and sporting activity and adjust your intervention to its recipients taking into account the context and the objectives sought.

2) Scientific procedure

Understand a scientific research approach in motor science.

- 2.1 Understand the process and fundamental concepts of scientific study, including the importance of empirical data and scientific reasoning.
- 2.2 Understand and extract relevant information from various validated scientific sources.
- 2.3 Know why to apply statistical tests.
- 2.4 Be able to critically evaluate the research presented (including identifying study limitations and potential sources of bias).
- 2.5 Cite and reference their work in accordance with the standards of the scientific world,

3) Health promotion

Know the basic principles of promoting the physical, mental and social health of the population through physical and sporting activity, while being aware of the environmental dimension of one's actions.

- 3.1 Know the basic principles that physical and sporting activity can provide for everyone as a pillar of physical, mental and social health.
- 3.2 Be aware of the multidisciplinary framework of health promotion through physical and sporting activity as well as the role of the future physical education graduate in this framework.
- 3.3 Be aware that through health promotion it is possible to reduce inequalities while taking into account the eco-socio-cultural context and consequences.
- 3.4 Know the different elements characterizing environments favorable to physical and sporting activity and become aware of postures that promote learning and autonomy for the individual or group in relation to their practice.

4) Communication

Communicate and dialogue in a manner that is relevant to the intervention objectives and adapted to the characteristics of the interlocutors and the fictional context linked to motor skills sciences.

- 4.1 Explain and argue one's opinions and points of view on the basis of scientific knowledge in an appropriate, relevant and convincing manner in relation to one's peers and teachers.

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](#)

Year

1 2 3

● LFSM1102	Essentials of systematic and functional anatomy	Catherine Behets Wydemans (coord.) Antoine Chretien Ludovic Kaminski	
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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:

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- LEDPH1041** "Didactique de la danse et des activités d'expression" has prerequisite(s) LEDPH1029 ET LEDPH1021 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1021 - Expression
 - LIEPR1022 - Systems Physiology
- LEDPH1042** "Didactique de la natation" has prerequisite(s) LEDPH1029 ET LEDPH1022 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1022 - Swimming 2
 - LIEPR1022 - Systems Physiology
- LEDPH1043** "Didactique de l'athlétisme" has prerequisite(s) LEDPH1029 ET LEDPH1023 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1023 - Athletics 2
 - LIEPR1022 - Systems Physiology
- LEDPH1044** "Didactique des jeux et des sports collectifs" has prerequisite(s) LEDPH1029 ET LEDPH1024 ET LIEPR1022
- LEDPH1029 - Communication, observation and auto-evaluation in physical education
 - LEDPH1024 - Team sports and games
 - LIEPR1022 - Systems Physiology
- LEDPH1045** "Didactique des sports acrobatiques" has prerequisite(s) LEDPH1028 ET LEDPH1029 ET LEDPH1030 ET 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** "Développement psychomoteur tout au long de la vie" has prerequisite(s) (LIEPR1003 OU LFSM1103) ET LFSM1107 ET LEPHY1108 ET 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** "Regards juridiques, économiques et institutionnels sur les activités physiques et sportives" has prerequisite(s) LEPHY1109
- LEPHY1109 - Sport and society
- LEDPH1049** "Dimension socio-historique et éthique des activités physiques et sportives" has prerequisite(s) LEPHY1108 ET LEPHY1109 ET 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** "Physiologie cellulaire" has prerequisite(s) LFSM1104
- LFSM1104 - Biology and fundamentals in histology
- LIEPR1022** "Physiologie des systèmes" has prerequisite(s) LFSM1101 ET LFSM1104
- LFSM1101 - General chemistry and biomolecules
 - LFSM1104 - Biology and fundamentals in histology
- LIEPR1023** "Sauvetage, réanimation et urgence de terrain" has prerequisite(s) LEDPH1022 ET LIEPR1022
- LEDPH1022 - Swimming 2
 - LIEPR1022 - Systems Physiology
- LIEPR1024** "Fondements neurophysiologiques et neuropsychologiques du contrôle et de l'apprentissage moteurs" has prerequisite(s) LFSM1101 ET LFSM1102 ET LFSM1104 ET LIEPR1021 ET LIEPR1022
- LFSM1101 - General chemistry and biomolecules
 - LFSM1102 - Essentials of systematic and functional anatomy
 - LFSM1104 - Biology and fundamentals in histology
 - LIEPR1021 - Cellular physiology
 - LIEPR1022 - Systems Physiology
- LIEPR1025** "Physiologie et biochimie de l'exercice et nutrition" has prerequisite(s) LFSM1101 ET LFSM1104 ET LIEPR1021
- LFSM1101 - General chemistry and biomolecules
 - LFSM1104 - Biology and fundamentals in histology
 - LIEPR1021 - Cellular physiology
- LNEER2451**

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

o LEPHY1109 Sport and society

o LEPHY1110

○ 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	English - communication skills 🇺🇸	Stéphanie Brabant Philippe Denis Marie Duetz Claudine Grommersch (coord.) Carlo Lefevre Sandrine Meirlaen Jean-Paul Nyssen Lutgarde Schrijvers	EN [q2] [30h] [2 Credits] 🌐
LNEER2451	Dutch communication skills for students in Physiotherapy, Sports and Physical Training 🇳🇱	Katrien De Rycke (coord.)	NL [q2] [30h] [2 Credits] 🌐

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)

- 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	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](#)

