

## Individual Movement Activities I (D001197)

Course size (nominal values; actual values may depend on programme)

Credits 4.0 Study time 120 h Contact hrs 60.0 h

Course offerings and teaching methods in academic year 2018-2019

A (year) Dutch practicum 60.0 h

Lecturers in academic year 2018-2019

Du Pan, Tom	GE25	staff member
Moerman, Pieter	GE25	staff member
Deconinck, Frederik	GE25	lecturer-in-charge
Haerens, Leen	GE25	co-lecturer
Van den Berghe, Lynn	GE25	co-lecturer

Offered in the following programmes in 2018-2019

	crdts	offering
<a href="#">Bachelor of Science in Physical Education and Movement Sciences</a>	4	A
<a href="#">Exchange Programme Physical Education and Movement Sciences</a>	4	A

Teaching languages

Dutch

Keywords

Sports, swimming, athletics, track and field

Position of the course

This course aims both the mastery of a number of elementary skills in athletics and swimming and theoretical insight into the movement patterns of these skills. In addition to this, the student will be introduced to the basic regulations of these sports. To perform the movement skills in both athletics and swimming, the student is expected to maintain an adequate level of physical fitness.

Contents

- Track and field
  - 100 m sprint (technique and performance)
  - shot put (6 kg for men, 4 kg for women; technique and performance)
  - long jump (technique and performance)
  - start (technique)
  - Relay race (technique)
  - 800m (performance)
  - distance running 5 km (performance)
- Swimming
  - basic skills in the water
  - breaststroke (incl. start and turn)
  - crawl (incl. start and turn)
  - 400m freestyle (performance)

Initial competences

A sport-minded attitude, good motor competence and adequate physical characteristics are required.

Final competences

- 1 To demonstrate a technical performance of the different movement skills related to the two disciplines (athletics and swimming).
- 2 The student shows perseverance to practise the skills autonomously.
- 3 To achieve the minimum criteria for the several disciplines

4 Describe the techniques of the movements/disciplines that have been addressed.

5 To make a basic movement analysis of the different disciplines, including the detection of important errors.

6 Know the regulations of the disciplines that have been addressed.

7 To take into account the safety regulations when playing these sports.

8 To possess the physical characteristics required to perform the different movements/sports.

#### Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

#### Conditions for exam contract

This course unit cannot be taken via an exam contract

#### Teaching methods

Practicum

#### Extra information on the teaching methods

This course can be followed by incoming (exchange) students. The sessions will be in Dutch, but are easy to follow by non-native speakers due to their practical nature.

During the practical sessions the different skills and disciplines are shown and practiced. The theoretical basis of the skills and disciplines and the regulations of the sports are addressed during lectures.

Injured students are expected to be present at the practical and theoretical sessions so they don't miss essential information.

#### Learning materials and price

- Athletics:

Du Pan Tom (2017). Individual movement activities I: partim Athletics. Unpublished course. (in Dutch)

(English literature will be provided)

- Swimming:

Moerman Pieter (2017). Individual movement activities I: partim Swimming.

Unpublished course. (in Dutch)

(English literature will be provided)

cost: copies.

#### References

See syllabus.

#### Course content-related study coaching

Titularis: by appointment via e-mail (Frederik.Deconinck@ugent.be)

Swimming: Pieter Moerman (Pieter.Moerman@ugent.be)

Athletics: Tom Du Pan (Tom.DuPan@ugent.be)

Lecturers can also be contacted before and after each lesson.

#### Evaluation methods

continuous assessment

Examination methods in case of periodic evaluation during the first examination period

Examination methods in case of periodic evaluation during the second examination period

Examination methods in case of permanent evaluation

Written examination, participation, skills test

Possibilities of retake in case of permanent evaluation

examination during the second examination period is possible in modified form

#### Extra information on the examination methods

- There are a number (3 to 5) of evaluations (of techniques, performance and theory/regulations) during the academical year.

- Attendance to the practical sessions is required. Illegitimate absence in more than 20% of the practical sessions of one sport will automatically result in a FAIL for this

(Approved)

course.

#### Calculation of the examination mark

**Per sport:** the mark is calculated by weighing the marks for the practical part and the mark for the theoretical part. The relative weight of mark on the practical part (80%) is larger than for the theoretical part (20%). A mark below 9/20 on the practical part or on the theoretical part will be sanctioned.

In case of a mark  $< 9/20$  for either the theoretical part or the practical part, both parts have to be retaken.

**Total course:** The total mark on this course is the average of the mark for athletics and the mark for swimming. When a student does not take part in one or more of the evaluations, or when the student is illegitimately absent in more than 20% of the practical sessions, he/she is unable to pass this course. If this is the case and if the total mark is  $> 10/20$ , the total mark will be adjusted to 9/20.

#### Addendum

This course is open for incoming mobility students (Erasmus)