

Individual Movement Activities II (D002870)

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

Credits 5.0 Study time 150 h Contact hrs 84.0 h

Course offerings and teaching methods in academic year 2018-2019

A (year) Dutch practicum 83.75 h

Lecturers in academic year 2018-2019

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

Offered in the following programmes in 2018-2019

	crdts	offering
Bachelor of Science in Physical Education and Movement Sciences	5	A
Exchange Programme Physical Education and Movement Sciences	5	A

Teaching languages

Dutch

Keywords

sports, swimming, track and field, wintersports (ski / snowboard)

Position of the course

This course addresses advanced technical skills in athletics and swimming, building upon the elementary skills taught in Individual Movement Activities I. In addition to this, ski and snowboard will be taught as well as the danger of winter sports in the mountains.

Furthermore, this course addresses the qualitative movement analysis of the skills within the different disciplines, including correction of common mistakes.

Finally, during this course the student is acquainted with the regulations and rules of different disciplines of athletics and swimming.

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: Technique and performance on 100 m hurdles (women), 110 m hurdles (men), 400 m high jump, discus and javelin throwing + distance running (5 km) + theoretical aspects of these disciplines.
- Swimming: Technical refinement of breast stroke, initiation of butterfly + theoretical aspects of these disciplines.
- Wintersports: Practical skills in ski or snowboard + theoretical aspects of ski or snowboard, safety in the mountains, thermoregulation, hypothermia, injuries and prevention

Initial competences

You can download the list of prerequisites on <https://oasis.ugent.be/oasis-web/curriculum/voorkennisvancursus?cursuscode=D002870&taal=en>.
See <https://qas.oasis.ugent.be/oasis-web/curriculum/voorkennisvancursus?cursuscode=D00287&taal=en>

Final competences

- 1 The student is able to perform advanced movement skills in athletics and swimming, based upon the elementary skills addressed in 'Individual Movement activities I'
- 2 The student is able to perform the elementary technical skills of skiing or snowboard.
- 3 To achieve the minimum criteria for the several disciplines.
- 4 The student shows perseverance to practise the skills autonomously.
- 5 The student can describe the movement patterns of the above mentioned skills.
- 6 The student can do a qualitative analysis of the movements/disciplines that have been addressed, including error detection and correction.
- 7 The student can explain the most important reglementary definitions in swimming and athletics.
- 8 To take into account the safety regulations when playing these sports.
- 9 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, though the students should be aware that the Wintersport week, usually organised beginning of February, is obligatory. 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 attend the practical and theoretical sessions so they don't miss essential information.

Learning materials and price

- Athletics:
- Content, L. (2017) Individuele bewegingsactiviteiten II: partim Atletiek. Unpublished syllabus. (estimated cost: 5 euro)
- Swimming:
- Moerman, P. (2017) Individuele bewegingsactiviteiten II: partim Zwemmen. Unpublished syllabus. (estimated cost: 5 euro)
- Wintersport:
- Wintersport week: ± 700 euro
- Vandelacluze, S. (2017) Individuele bewegingsactiviteiten II: partim Wintersport. Unpublished syllabus. (estimated cost: 5 euro)

References

See syllabus.

Course content-related study coaching

Course leader (for general queries): by appointment via e-mail (Frederik.

Deconinck@UGent.be)

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

Track and field: Linde Content (Linde.Content@UGent.be)

Wintersports: Stijn Vandelacluze (Stijn.Vandelacluze@ugent.be)

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 course.

Calculation of the examination mark

Per sport or discipline:

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 (70%) is larger than for the theoretical part (30%). A mark below 9/20 on the practical part or on the theoretical part will be sanctioned at the level of the discipline.

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, the mark for swimming, and the mark for wintersport.

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), but students should have enough knowledge of English to take this course.

It is not possible to take both I and II.