

Actual Movement and Sport Activities I (D012025)

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

Credits 3.0 Study time 90 h Contact hrs 48.0 h

Course offerings and teaching methods in academic year 2018-2019

| | | | |
|----------|-------|----------------|--------|
| A (year) | Dutch | pracitum | 47.5 h |
| | | work placement | 50.0 h |

Lecturers in academic year 2018-2019

| | | |
|----------------------|------|--------------------|
| Belpaire, Marianne | GE25 | staff member |
| Hoste, Michiel | GE25 | staff member |
| Van Boven, Hans | GE25 | staff member |
| Van Damme, Johan | GE25 | staff member |
| Vandelacluze, Stijn | GE25 | staff member |
| Van de Voorde, Joeri | 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 |
|--|-------|----------|
| Master of Science in Physical Education and Movement Sciences (main subject Physical Activity, Fitness and Health) | 3 | A |
| Master of Science in Physical Education and Movement Sciences (main subject Physical Education Teacher Education) | 3 | A |
| Master of Science in Physical Education and Movement Sciences (main subject Sports Policy and Sports Management) | 3 | A |
| Master of Science in Physical Education and Movement Sciences (main subject Sports Training and Coaching) | 3 | A |
| Exchange Programme Physical Education and Movement Sciences | 3 | A |

Teaching languages

Dutch

Keywords

outdoor, climbing, kayak, mountainbike, badminton, judo, group fitness, racket sports, martial arts

Position of the course

This course

- addresses the basic technical and tactical skills related to selection of the following sports disciplines: orienteering, martial arts, climbing, kajak/mountainbike, group fitness, badminton.
- focuses on the acquisition of technically correct performances of these skills, and insight in the methodology of these sports.
- contributes to the movement competencies (of the general competence model of MSc in PE and Movement Sciences), especially the ones related to outdoor movement activities, racket sports and martial arts.

Contents

- The student chooses one of the following movement/sport activities:
 - climbing
 - badminton

- martial arts
- group fitness

which are offered in weekly sessions.

In addition to this, the student is required to take part in an outdoor Summer camp (organised in September) where he/she will be introduced to rock climbing, kayak/mountainbike and ecological aspects related to outdoor activities.

Initial competences

The course builds upon on certain competences that are achieved in following courses:

- Methodology of interactive movement activities
- Methodology of individual and artistic movement activities

The student can only participate in the outdoor Summer camp, if he/she is officially registered for the course Actual movement and sport activities I.

Final competences

- 1 The student is able to perform basic technical and tactical skills of one of the following disciplines:
 - climbing
 - badminton
 - martial arts
 - group fitness
- 2 The student is able to perform basic technical skills related to outdoor climbing, kajak or mountainbike.
- 3 The student can describe and analyse the movement patterns of the skills related to the respective disciplines qualitatively.
- 4 The student shows perseverance to practise the skills autonomously.
- 5 The student is respectful of the natural environment.
- 6 To take into account the safety regulations when doing these sports.
- 7 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, work placement

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 required to attend all classes.

Learning materials and price

Outdoor Summer camp (estimated cost 700 euro)

+ unpublished syllabus by S. Vandelacluze (estimated cost: 5 euro)

Racket sports

Badminton: Unpublished syllabus by Vandamme, J. (estimated cost: 5 euro)

Group fitness

Unpublished syllabus by Belpaire, M. (estimated cost: 5 euro)

Climbing

Unpublished syllabus by Van Boven, H. (estimated cost: 5 euro)

Martial arts

Unpublished syllabus (estimated cost: 5 euro)

References

See syllabus.

Course content-related study coaching

Course leader for general queries: by appointment via e-mail

Climbing: Hans Van Boven (hans.vanboven@UGent.be)

Badminton: Johan Van Damme (johan.vandamme@UGent.be)

Martial arts: NN

Group fitness: Marianne Belpaire (marianne.belpaire@UGent.be)

Outdoor Summer camp: Stijn Vandelacluze (stijn.vandelacluze@UGent.be)

Teachers can also be contacted before and after each lesson, or after appointment.

Evaluation methods

end-of-term evaluation and continuous assessment

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

Written examination, assignment

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

Written examination, assignment

Examination methods in case of permanent evaluation

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 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 (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 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 the outdoor Summer camp activities (theory and practice) and the discipline of choice, i.e. climbing, badminton, group fitness, martial arts (theory and practice). 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)