Course Specifications
Valid as from the academic year 2019-2020

Individual Movement Activities I (D001197)

Due to Covid 19, the education and evaluation methods may vary from the information displayed in the schedules and course details. Any changes will be communicated on Ufora.

Course

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

<table>
<thead>
<tr>
<th>Credits</th>
<th>Study time</th>
<th>Contact hrs</th>
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<tbody>
<tr>
<td>4.0</td>
<td>120 h</td>
<td>60.0 h</td>
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Course offerings and teaching methods in academic year 2020-2021

A (year)           Dutch  Gent   practicum  60.0 h

Lecturers in academic year 2020-2021

Du Pan, Tom
Heyse, Erwin
Moerman, Pieter
Poppe, Petra
Timmermans, Lore
Deconinck, Frederik
Haerens, Leen

GE30        staff member
GE30        staff member
GE30        staff member
GE30        staff member
GE           staff member
GE30        lecturer-in-charge
GE25        co-lecturer

Offered in the following programmes in  2020-2021

| Bachelor of Science in Physical Education and Movement Sciences | 4 | A |
| Exchange Programme Physical Education and Movement Sciences     | 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).

(Approved)
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:
  (English literature will be provided)
- Swimming:
  (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.

(Approved)
• 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:** 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 that 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)