Actual Movement and Sport Activities I (D012025)

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 Specifications
Valid as from the academic year 2019-2020

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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 2020-2021

A (year) Dutch Gent practicum 47.5 h
work placement 50.0 h

Lecturers in academic year 2020-2021
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 2020-2021

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

(Approved)
• 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

(Approved)
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 Vandelacruze (stijn.vandelacruze@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 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)