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.

### 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
- 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 art, recreational activities

### Position of the course
This course:
- addresses the basic skills from a selection of the following disciplines: climbing, group fitness, martial arts, badminton, recreational activities
- 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 for MSc in PE and Movement Sciences), especially to the artistic movement activities.

### Contents
This course addresses skills related to:
- Recreational activities
- One of the following activities: climbing I, climbing II, badminton, martial arts, group fitness

The activity of choice cannot be the same as the one taken as part of Actual sport and movement activities II, except for climbing.

### Initial competences

(Approved)
Access to this course unit via a credit contract is determined after successful competences assessment. This course unit cannot be taken via an exam contract.

Participation, skills test

Practicum

Earned credits for:
- Actual sport- en movement activities I
  The activity of choice in Actual Sport- en Movement Activities II cannot be the same as the one chosen for Actual Sport- en Movement Activities I.
  Climbing II can only be chosen if the student has passed Climbing I in Actual Sport- en Movement Activities I.

Final competences

1. The student is able to perform basic skills related to recreational activities and to one of the following activities: group fitness, badminton, martial arts, climbing I, or climbing II.

2. The student can describe the skills related to each discipline and is able to analyse them qualitatively.

3. To possess the physical characteristics required to perform the different movements/sports.
4. The student is able to practise these skills in an independent way.
5. To take into account the safety regulations when playing these 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

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

**Badminton**
Unpublished syllabus Vandamme, J. (in Dutch)

**Group fitness**
Unpublished syllabus Belpaire, M. (in Dutch)

**Climbing I/II**
Unpublished syllabus Van Boven, H. (in Dutch)

**Martial Arts**
Unpublished syllabus De Geyter, J. (in Dutch)

**Recreational activities**
Unpublished syllabus Van de Voorde, J. (in Dutch)

References

Course content-related study coaching

Course leader: by appointment via e-mail
- Climbing I & Climbing II: Hans Van Boven (hans.vanboven@UGent.be)
- Badminton: Johan Van Damme (johan.vandamme@UGent.be)
- Martial Arts: Johan De Geyter (johan.degeyter@ugent.be)
- Group fitness: Marianne Belpaire (marianne.belpaire@UGent.be)
- Recreational Activities: Joeri Vandevoorde (joeri.vandevoorde@UGent.be)

Lectureres 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

(Approved)
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 recreational activities (theory and practice) and the activity of choice (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)