GHENT UNIVERSITY

Course Specifications

Valid as from the academic year 2026-2027

Movement and Sports: Now and Later (D002354)

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

Credits 3.0 **Study time 90 h**

Course offerings in academic year 2026-2027

A (semester 2)	Dutch	Gent
B (Year)	Dutch	Gent

Lecturers in academic year 2026-2027

Cornelis, Isabelle	GE30	staff member
Declercq, Louise	GE30	staff member
Vermeire, Kobe	GE30	staff member
Segers, Veerle	GE30	lecturer-in-charge
Boone, Jan	GE30	co-lecturer
Cardon, Greet	GE30	co-lecturer
Crombez, Geert	PP05	co-lecturer
Lenoir, Matthieu	GE30	co-lecturer
Verhaeghe, Nick	GE39	co-lecturer

Offered in the following programmes in 2026-2027	crdts	offering
Bachelor of Arts in Archaeology	3	A
Bachelor of Science in Business Economics	3	A
Bachelor of Science in Economics	3	A
Bachelor of Science in Economics (Double Degree)	3	A
Bachelor of Science in Public Administration and Management	3	A
Master of Science in Business Engineering(main subject Data Analytics)	3	A
Master of Science in Business Engineering(main subject Finance)	3	A
Master of Science in Operations Research Engineering(main subject Manufacturing and Supply Chain Engineering)	3	A
Master of Science in Electromechanical Engineering(main subject Maritime Engineering)	3	A
Master of Science in Business Engineering(main subject Operations Management)	3	A
Master of Science in Operations Research Engineering(main subject Transport and Mobility Engineering)	3	A
Master of Science in Electromechanical Engineering	3	A, B
Master of Science in Engineering: Ships and Marine Technology	3	A
Master of Science in Engineering: Ships and Marine Technology	3	A
Master of Science in Industrial Design Engineering Technology	3	A
Master of Science in Mechanical and Electrical Systems Engineering	3	A, B
Master of Science in Operations Research Engineering	3	A
Micro-credential Movement and Sports: now and later	3	B
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A

Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A
Ghent University Elective Courses	3	A

Teaching languages

Dutch

Keywords

Physical activity, sport, movement, health, nutrition

Position of the course

To create a positive attitude towards lifelong physical activity through movement and sport.

Contents

1. Theory
1.1. Basic concepts of health-related physical activity and fitness
1.2. Nutrition and health
1.3. Health psychology: concepts and models explaining (changes in) health-related behaviour
1.4. Process of changes in health-related behaviour including monitoring and reflection
1.5. Basic concepts of exercise physiology including step stones of physical training
1.6. Basic concepts of biomechanics of human movement including step stones of injury prevention
1.7. Basic concepts of motor learning
1.8. Physical activity and mental-cognitive functioning
1.9. Movement and sport from an health-economical point of view
2. Practical sessions
Practice consists of a theoretical coursein which the following topics are included
- core stability gymnastics;
- basic components of physical fitness (strength, flexibility, speed and cardiovascular endurance)

The student makes a portfolio in which the won evolution in running is tracked.
3. Guided self-study
Students are expected to integrate theory and practice of movement and sport in every day life in order to reach the minimal international physical activity guidelines through movement and sport (guidelines are given in the theoretical courses).
Personal monitoring and reflections by means of an electronic port-folio system.

Initial competences

Final competences

1 to be able to name basic principles of health-related aspects of nutrition
2 to be able to define physical activity, fitness and health and to describe the interrelations
3 to be able to specify basics concepts of biophysical loading and injury prevention
4 to be able to name basic principles of motor learning
5 to understand and to clarify basic concepts and main theories on health psychology,
6 to be able to describe changes in health-related behaviour
7 to be able to descibe the components of physical activity
8 to be able to name components/modalities of physical exercise in the context of safe sport participation
9 to know the basics of fitness gymnastics
10 to be able to reflect on personal nutritional and physical activity behaviour
11 to master elementary gross motor skills
12 to make physical and motor progress in a life-time oriented sport discipline, and to be able to reflect on this process
13 to kow the relation between health economics and promotion of physical activity

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

Seminar, Lecture, Practical

Extra information on the teaching methods

electronic portfolio
This course assumes the responsible use of generative artificial intelligence (GAI).
During the lessons, what this means will be explained.
Lessons are recorded and recording are availabe after the lesson.

Study material

Type: Syllabus

Name: Course material
Indicative price: Free or paid by faculty
Optional: no
Language : Dutch
Number of Pages : 100
Oldest Usable Edition : 2024-2025
Available on Ufora : Yes
Online Available : Yes
Available in the Library : No
Available through Student Association : No
Additional information: Course material (slides and text)

Type: Project

Name: Sport Equipment
Indicative price: € 50
Optional: yes
Additional information: For the sport lessons sportequipement (sport clothes and sport shoes) are recommended.

References

Course content-related study coaching

Interactive support through Ufora
Contact on course matters : Prof. Dr. Veerle Segers (veerle.segers@ugent.be / 09 264 63 22) voor praktijk/portfolio jan.evenepoel@ugent.be en jan. evenepoel@ugent.be

Assessment moments

end-of-term and continuous assessment

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

Written assessment with multiple-choice questions

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

Written assessment with multiple-choice questions

Examination methods in case of permanent assessment

Skills test, Participation, Assignment

Possibilities of retake in case of permanent assessment

examination during the second examination period is not possible

Extra information on the examination methods

1 Theory: 15 pt of 20= Multiple choice exam
2 NPE - Portfolio --> 5pt of 20
This course assumes the responsible use of generative artificial intelligence (GAI).
During the lessons, what this means will be explained.

Calculation of the examination mark

Summation of the scores obtained on all elements if the student took part in all elements of the evaluation.
Exceeding the deadline for the portfolio are given a non-deliberative final

quotation.