

## 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 2023-2024

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

### Lecturers in academic year 2023-2024

Bouten, Janne	GE30	staff member
Cornelis, Isabelle	GE30	staff member
Declercq, Louise	GE30	staff member
Evenepoel, Jan	GE30	staff member
Van de Woestyne, Machteld	GE30	staff member
Vermeire, Kobe	GE30	staff member
Segers, Veerle	GE30	lecturer-in-charge
Annemans, Lieven	GE39	co-lecturer
Boone, Jan	GE30	co-lecturer
Cardon, Greet	GE30	co-lecturer
Crombez, Geert	PP05	co-lecturer
De Henauw, Stefaan	GE39	co-lecturer
De Paepe, Annick	PP05	co-lecturer
Lenoir, Matthieu	GE30	co-lecturer
Rietzschel, Ernst	GE35	co-lecturer
Verhaeghe, Nick	GE39	co-lecturer

### Offered in the following programmes in 2023-2024

	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 Public Administration and Management	3	A
Master of Science in Business Engineering(main subject Data Analytics)	3	A
Master of Science in Business Engineering (Double Degree)(main subject Finance)	3	A
Master of Science in Business Engineering(main subject Finance)	3	A
Master of Science in Industrial Engineering and Operations Research(main subject Manufacturing and Supply Chain Engineering)	3	A
Master of Science in Business Engineering (Double Degree)(main subject Operations Management)	3	A
Master of Science in Business Engineering(main subject Operations Management)	3	A
Master of Science in Industrial Engineering and Operations Research(main subject Transport and Mobility Engineering)	3	A
Master of Science in Industrial Design Engineering Technology	3	A
Master of Science in Industrial Engineering and Operations Research	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
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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 4 common lessons and 8 lessons in a sport that can be chosen out of 5 life time oriented sport disciplines. Common lessons: core stability gymnastics; basic components of physical fitness (strength, flexibility, speed and cardiovascular endurance) Life time sports for choice: swimming, dance, volleybal, badminton, outdoor jogging These sports will be instructed on three competence levels: beginner/intermediate/advanced. Practice is evaluated permanently combining a qualitative and qualitative score on individual progression.

#### 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 describe 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 know 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

#### **Learning materials and price**

Syllabus (10 euro)  
extra's on Minerva

#### **References**

#### **Course content-related study coaching**

Interactive support through Minerva study platform  
Contact on course matters : Prof. Dr. Dirk De Clercq (dirk.declercq@ugent.be / 09 264 63 2209 264 63 22) isabelle.cornelis@ugent.be voor praktijk/portfolio jan. evenepoel@ugent.be en jan.evenepoel@ugent.be  
General study coaching: Evelien Van Waes (evelien.vanwaes@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: 9 pt of 20
2. Practical skills: 8 pt of 20 (permanent score on improvement from start to end of practical lessons)
3. Portfolio: 3 points of 20 (digital format)

#### **Calculation of the examination mark**

Summation of the scores obtained on all elements if the student took part in all elements of the evaluation.  
Students who eschew periodic (practical) and/or permanent evaluations for the course unit concerned are given a non-deliberative final quotation.