

3.00 credits

30.0 h

Q1

Teacher(s)	Eeckhout Coralie ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Main areas from general psychology applied in sport and exercise : motivation- emotion-attention cohesion- leadership motivation - emotion - attention - cohesion de groups - leadership - attentional process - aggressiveness - systemic approach :the role of the family and the close proximity - Behavior psychology : techniques and methods about psychological preparation (imagery, relaxation,..). The athlete psychological specificity: physical activity and therapy, clinical aspects -evaluation psychological quality evaluation -the athlete functioning - specials questions: burnout - eating disorder, injured athletes.
Learning outcomes	At the end of this learning unit, the student is able to : At the end of the course the successful student will be able to... To know and to understand the basis of the general psychology applied on sport in his development aspects (kids, adults) and competence. To integrate the first stages of his principles in his own practice as coach or teacher.
Teaching methods	The first class is on Tuesday, September 17, 2024 from 2 p.m. to 4 p.m. at Coubertin 01. <u>Support:</u> books, videos and slides
Content	This teaching unit (TU) aims to introduce students to theories, concepts, and intervention techniques pertaining to sports psychology. Specifically, we will address the topics of motivation, self-efficacy and self-regulation adapted to individual and team sports, as well as processes involved in well-being and performance in elite sport. By the end of this TU, students are expected to acquire the following skills: (1) knowledge of theories and research in sport psychology; (2) an understanding of the psychological mechanisms underlying learning and mastery of athletic performance; (3) knowledge of the psychological effects associated with sports competition and physical activity; (4) a knowledge of interventions for increasing the practice of physical activity and/or for optimizing sport performance in athletes. These objectives will be fulfilled on the basis of methods of active learning and on the use of pedagogical tools.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)

Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	3		