

5.00 credits

30.0 h + 15.0 h

Q1

Teacher(s)	Brevers Damien ;
Language :	French
Place of the course	Louvain-la-Neuve
Learning outcomes	
Evaluation methods	<p>The evaluation will focus on two areas:</p> <ol style="list-style-type: none"> 1. The realization of a work in pairs (individual written report; 5 pages) where the student will develop a critical reflection on the techniques seen in class and put into practice in pairs for 4 weeks. This work will be rated on 8 points. The report can be written in English. 2. A group work (in the format of a 20-minute oral presentation) where students will have to develop their own psychological intervention project. This intervention should be based on empirical evidence and should aim at initiating and/or maintaining physical activity in a target population. This work will be rated on 12 points. <p>The use of AI (ChatGPT...) will not be tolerated for this course. Its contribution is limited because the quality of the work comes from practical experience and individual critical reflection.</p>
Teaching methods	<p>This TU will adopt a flipped classroom method that will aim to anchor the student in a constant process of experimentation and critical reflection. This dynamic will aim to bring the student to reach a level of integration of knowledge that allows him to be a responsible actor in the field of psychology of physical activity.</p> <p>The duration of a course session is generally 3 hours. The sessions will regularly follow a mixed format with part of in-house classes (projected presentation/videos/discussions), as well as practical work in the auditorium, outdoors or psychomotor room.</p> <p>Detailed information on course dynamics and different learning outcomes will be provided in the first course session.</p> <p>Attendance at classes is mandatory.</p>
Content	<p>This teaching unit (UE) will focus on two main themes:</p> <ol style="list-style-type: none"> 1. the psychological mechanisms involved in the initiation and maintenance of physical activity, and in sports performance. 2. Body-mind strategies <p>These themes will be addressed in an integrative way, that is to say, by applying a mode of teaching allowing "back and forth" between concepts and theoretical models (e.g., models of self-control, process of self-determination & feeling self-efficacy, triadic model of self-regulation...) and intervention techniques (relaxation, mental imagery, intention implementation, ...) adapted to the field of physical activity psychology.</p> <p>These aspects will be illustrated by the teacher based on concrete experiences (relaxation exercises, imagery...), case formulations and intervention projects associated with target issues.</p>
Inline resources	Accessible on the Moodle space of the class.
Other infos	<ul style="list-style-type: none"> - Participation in the course implies mandatory registration on the MoodleUCL website - The lectures take place in the SOCR -240 auditorium and the practical work sessions (TP) in the psychomotor room (see Moodle and the ppt of the 1st course for the precise schedule) - The first session of the course will take place on Monday 25 September 2023 at 16:15 on the "parking malin" at the entrance of the Bois de Lauzelle (MJF4+44 Ottignies-Louvain-la-Neuve; https://goo.gl/maps/hELZvSxzWJkG9SBcA). <p>For any mobility issues, send an email to benedicte.thonon@uclouvain.be</p>
Faculty or entity in charge	EPSY

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Psychology	PSY2M	5		