

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 consist of two components:</p> <p>1. An individual production (poster or other format) integrating a critical reflection and demonstrating the application, in daily life, of a technique/intervention covered in the course. This work will be graded out of 3 points and presented during an oral defense session organized as a mini-conference in the final class. The precise guidelines for the assignment and its evaluation will be specified during the course.</p> <p>2. A written exam (during the examination session) consisting of open-ended questions, both short and long, covering the entire course content. Sample questions will be provided to students. This exam will be graded out of 17 points.</p> <p>The assessment methods remain the same for all sessions within the same academic year.</p>
Teaching methods	<p>This TU will adopt a flipped classroom approach that will aim to anchor students in a constant process of experimentation and critical reflection. This dynamic will aim to bring students to reach a level of integration of knowledge that will allow them to be responsible actors in the field of the psychology of sport and physical activity. 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>
Content	<p>This teaching unit (UE) will focus on two main themes:</p> <ol style="list-style-type: none"> 1. The psychological processes involved in the initiation and maintenance of physical activity, and in sports performance. 2. Body-oriented psychological interventions <p>These themes will be addressed in an integrative way, that is, by applying a mode of teaching allowing "back and forth" dynamics 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 experiential learning (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 a mandatory registration on the MoodleUCL website. - Schedule: Monday from 16:00 to 19:00. - The lectures take place in the MERC 12 auditorium while (some) practical sessions (TP) will be held in the psychomotricity room or outdoors (see Moodle and the first course's PowerPoint for the detailed schedule). - The first session will take place on Monday, September 22, 2025, from 17:00 to 19:00, near the Louvain-la-Neuve Equestrian Farm: https://maps.app.goo.gl/knb49BhHERDgf5oc9 <p>For any issues (for example, mobility), please send an email to damien.brevers@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		