

5.0 credits

30.0 h

1q

Teacher(s) :	Godin Philippe ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	<p>This course highlights how the psychological dimension can influence the practice of sport and exercise and vice versa. The psychology of sport is mainly based on a conception of a normal human being, but in special situations. The laws of psychology come into play in the search for greater efficiency, related to a kind of well-being (emotional control, motivation theories, personality, aggressiveness, group cohesion etc.).</p> <p>Sport and exercise are considered through various sections of the population : children, adolescents, talented young sportsmen and women, high level athletes, physically and mentally disabled people, delinquents and other sections linked to cultural and gender differences. This course shows how the application of psychology to sport and exercises can, in some cases, promote achievement, good physical and mental health, rehabilitation and, in other cases provide a route to excellence in sport or face extreme situations. Excessive and deviant aspects are also presented (burn-out, food disorders, dependence etc.).</p> <p>Some scientifically validated tools, techniques and methods for mental and psychological preparation are presented.</p>
Aims :	<p>To familiarize students with the psychology of sport and exercise the psychology of sport and exercise.</p> <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content :	<ul style="list-style-type: none"> - historical context of human conceptions in connection with psychology of sport. - main fields in psychology of sport and their theoretical aspects: motor learning - personality - motivation - level of physiological activation and role of emotional factors - attention, perception and information processing - self-esteem - leadership etc. and their practical implications. - physical and sports activity depending on gender, culture, specific populations (children, adolescents, seniors, adults, disabled, at risk, 3rd and 4th ages), work and business competition etc.
Other infos :	Option courses
Cycle and year of study :	<ul style="list-style-type: none"> > Bachelor in Information and Communication > Bachelor in Philosophy > Bachelor in Law > Bachelor in Engineering : Architecture > Bachelor in Economics and Management > Bachelor in Motor skills : General > Bachelor in Human and Social Sciences > Bachelor in Sociology and Anthropology > Bachelor in Political Sciences: General > Bachelor in Mathematics > Bachelor in Biomedicine > Bachelor in Pharmacy > Bachelor in Religious Studies > Bachelor in Psychology and Education: General
Faculty or entity in charge:	PSP