

3.0 credits

30.0 h

Teacher(s) :	De Volder Anne ; Lories Guy ;
Language :	Français
Place of the course	Louvain-la-Neuve
Main themes :	<ul style="list-style-type: none"> <li>- The student should know the origins and the basics of contemporary psychology (among others behaviorism, psychoanalysis, cognitivism).</li> <li>- He should correctly use basic concepts such as motivation, emotion, learning.</li> <li>- He should be accustomed to the main (therapeutic techniques and their theoretical bases (e.g. cognitive-behavior therapy).</li> </ul> <p>This program provides implications of psychology - in particular of learning theories - for motor learning and rehabilitation.</p>
Aims :	<p>At the end of the course, the student should know the basics of psychology to explain human action. He should understand the main concepts and the major psychological theories useful for practice of physical education and rehabilitation practices.</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 :	<ol style="list-style-type: none"> <li>1. What is psychology, psychiatry, psychotherapy, psychoanalysis ?</li> <li>2. Methodological problems of psychology as science</li> <li>3. Psychoanalysis : a pseudo-science ?</li> <li>4. Behavior analysis, emotion and motivation</li> <li>5. Memory construction and distortion</li> <li>6. Psychotherapy and behavior modification</li> <li>7. Principles of self-management</li> </ol>
Other infos :	Pre-requisite nothing Evaluation Written examination (open questions) Support Book : Psychologie de la vie quotidienne (Paris, Odile Jacob) Supervision Titular Others -
Cycle and year of study :	<a href="#">&gt; Bachelor in Motor skills : General</a> <a href="#">&gt; Bachelor in Physiotherapy and Rehabilitation</a> <a href="#">&gt; Preparatory year for Master in Family and Sexuality Studies</a>
Faculty or entity in charge:	FSM