UCL Université catholique de Louvain

LEDPH2138

2015-2016

Sport Psychology

3.0 credits	30.0 h	1q

Teacher(s) :	Godin Philippe ;
Language :	Français
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.
Aims :	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. *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".*
Content :	Introduction to sport psychology (history, specificity in Belgium, definition and mains areas, the role of the sport psychologist. Motivation, Emotion and illustrations of different interventions.
Other infos :	Pré requis : IEPR 1007 - Psychology Oral exam Support : Book and notes
Faculty or entity in charge:	FSM

Programmes / formations proposant cette unité d'enseignement (UE)				
Intitulé du programme	Sigle	Credits	Prerequis	Acquis d'apprentissage
Master [120] in Motor Skills: Physical Education	EDPH2M	3	-	