

Due to the COVID-19 crisis, the information below is subject to change, in particular that concerning the teaching mode (presential, distance or in a comodal or hybrid format).

3 credits	30.0 h	Q1
-----------	--------	----

Teacher(s)	Brevers Damien ;
Language :	French
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	<p>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.</p> <p>-----</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	This teaching unit (TU) aims to introduce students to theories, concepts, and intervention techniques pertaining to sports psychology. Specifically, we will address the topics of motivation and self-regulation adapted to individual and team sports, as well as processes involved in well-being and performance in elite sport. This UE will be an extension of the TU LIEPR1024 and LIEPR1007, and will also echo on the knowledge gained throughout the EU LEDPH2136, LEDPH2181 and LKINE1002. By the end of this TU, students are expected to acquire the following skills: (1) knowledge of theories and research in sport psychology; (2) an understanding of the psychological mechanisms underlying learning and mastery of athletic performance; (3) knowledge of the psychological effects associated with sports competition and physical activity; (4) a knowledge of interventions for increasing the practice of physical activity and/or for optimizing sport performance in athletes. These objectives will be fulfilled on the basis of methods of active learning and on the use of pedagogical tools from the Louvain Learning Lab and the MOOCs online teaching portal.
Faculty or entity in charge	FSM

<b>Programmes containing this learning unit (UE)</b>				
Program title	Acronym	Credits	Prerequisite	Aims
Master [120] in Motor Skills: Physical Education	EDPH2M	3		