

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 aspects:</p> <ol style="list-style-type: none"> 1. A group assignment (an oral presentation format) where students will develop their own psychological intervention project. This intervention must be based on empirical evidence and aims to initiate and/or maintain physical activity in a targeted population. This assignment will be graded on 14 points. 2. An individual assignment (in written format; 5 pages) in which the student will develop a critical reflection on a technique taught in class and practiced by the student during 4 weeks. This work will be graded on 6 points.
Teaching methods	<ul style="list-style-type: none"> - This course will adopt a "flipped classroom" method that will aim to anchor the student in a constant process of experimentation and critical thinking. This dynamic will aim to bring the student to a level of knowledge integration that will allow him/her to be a responsible actor in the field of psychology of physical activity. - The duration of a course session is 3 hours. Each session will follow a mixed format with a lecture portion (slides/videos/discussions) as well as practical work (in the auditorium, outdoors or in the psychomotor room). - Detailed information about the course dynamics and the different learning outcomes will be provided during the first class session. - Class attendance is mandatory.
Content	<ul style="list-style-type: none"> - This teaching unit (UE) will focus on two main themes: <ol style="list-style-type: none"> (i) the psychological mechanisms at play during the initiation and maintenance of physical activity. (ii) the psychological mechanisms underlying sports performance. <p>These topics will be approached in an integrative way, i.e., by applying a "back and forth" mode between theoretical concepts/models (e.g., models of self-control, self-determination processes & self-efficacy, triadic model of self-regulation, dynamic ecological models,...) and intervention techniques (relaxation, mental imagery, implementation intention, exposure, cognitive biases modification,...) adapted to the field of the psychology of physical activity.</p> <p>These aspects will be further detailed by the professor on the basis of case formulations and intervention projects associated with specific conditions (pro-ecological behaviors, diabetes, obesity, athletes, problematic use of video games, e-sports, student population, sedentary population,...).</p>
Inline resources	Accessible on the Moodle space of the class.
Other infos	<ul style="list-style-type: none"> - Participation in the class implies to register to the Teaching Unit space on the MoodleUCL website - The lectures and practical sessions take place in the auditorium. The use of streaming/comodal/recording could be used depending on the evolution of the sanitary crisis. - The first class session will be held on Monday, September 26, 2022 from 17:15 to 20:15 (at LECL 62).
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		