

Faculty of Medicine



IEPR1007 Psychology

[30h] 3 credits

Teacher(s): Jacques Van Rillaer
Language: French
Level: First cycle

Aims

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.

Main themes

- The student should know the origins and the basics of contemporary psychology (among others behaviorism, psychoanalysis, cognitivism).
 - He should correctly use basic concepts such as motivation, emotion, learning.
 - He should be accustomed to the main (therapeutic techniques and their theoretical bases (e.g. cognitive-behavior therapy).
- This program provides implications of psychology - in particular of learning theories - for motor learning and rehabilitation.

Content and teaching methods

1. What is psychology, psychiatry, psychotherapy, psychoanalysis ?
2. Methodological problems of psychology as science
3. Psychoanalysis : a pseudo-science ?
4. Behavior analysis, emotion and motivation
5. Memory construction and distortion
6. Psychotherapy and behavior modification
7. Principles of self-management

Other information (prerequisite, evaluation (assessment methods), course materials recommended readings, ...)

Pre-requisite nothing
 Evaluation Written examination (open questions)
 Support Book : Psychologie de la vie quotidienne (Paris, Odile Jacob)
 Supervision Titular
 Others -

Other credits in programs

EDPH11BA	Première année de bachelier en sciences de la motricité	(3 credits)	Mandatory
KINE11BA	Première année de bachelier en kinésithérapie et réadaptation	(3 credits)	Mandatory