

Faculty of Medicine



EDPH2277 Learning and behaviour modification

[45h] 3.5 credits

Teacher(s): Dominique De Jaeger, Jacques Van Rillaer
Language: French
Level: Second cycle

Aims

- To know methods of observation, psychological analysis and modification of the behaviors (in general); - To know the theory of the training in order to observe, to analyze and optimize driving actions; - To know the theory of the training in order to analyze and to modify conduits in connection with health (food, sedentariness, nicotinism, alcoholism and other dependences, sleep, etc).

Main themes

The course comprises three parts: 1. Theory of the training and the procedures of modification of the behavior (in general) 2. Theory of control and the training engines. 3. Study of the determinants of control influencing health. Examination of the in experiments tested means, to modify problematic behaviors.

Content and teaching methods

The cours (lectures) presents (a) the learning theory, (b) methodes to observe and to optimise motoric behavior, (c) the principles to modify behaviors related to health (eating, addictions, lack of exercices, etc.)

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

Run given out of Co-titulature (a teacher specialized in physical education and a teacher specialized in psychology)

Pre-necessary: - analyzes movement and biomechanics - neurophysiological and psychological Aspects of the engine control

Other credits in programs

EDPH22	Deuxième licence en éducation physique	(3.5 credits)	Mandatory
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