

PSYCHOLOGY

[in 8059411 PEDAGOGY AND PSYCHOLOGY AND SOCIOLOGY]

Course ID: M-PSI/04

ECTS: 5

1st Year: 1st semester

Teacher: PROF. SEPIO Daniela

Objectives: Psychology course focuses on important domain or theme in psychology. It includes the major concepts, theoretical perspectives, historical trends, and empirical findings in psychology. It will be used several interactive and applied components for students.

Program:

The program emphasizes research and focuses on the study of being physically active. The aim of the course is to explore psychology key concepts and principles in relation to the promotion of wellness and health. For each topic it will be discussed the relation with sport environment and athletes.

Textbooks:

Exam method: