UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Psychology of Motivation and Emotions

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Psychology of Motivation and Emotions (20323)

5. Scientific Area

6. Curricular Year

2nd

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	

9. ECTS Credits

3,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TÚLIA RUTE MAIA CABRITA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

In academic training in psychology, it is fundamental to understand two cornerstones that direct and intensify human behavior, they are motivation and emotion. Thus, the objective of this curricular unit is to stimulate students' knowledge about the dimensions of motivation and emotion in human behavior.

15. Specific Objectives

Define the concepts of motives and needs
Understanding the directionality of behavior
Describe emotions and their different aspects
Explain the role of emotions in behavior

16. Skills to be acquired

Identify intrinsic and extrinsic motives
Identify emotions and behavior
Understanding the capacity for self-regulation of human behavior
Recognize the interaction: brain, motivation, emotion and culture

17. Teaching Methodology

Articulation of the active method with the expository using the interrogative. Case studies, reflection on scientific articles, practical applications, pedagogical applications, role-play will be used.

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18. Course Unit Program

1. Historical context and contemporary perspectives of motivation and motion
   a. General definitions
   b. Causes and intensity of human behavior
   c. Explanatory theories
   d. Main research topics
2.The motivated and emotional brain
   a. Neuropsychological dimension
   b. Relationship between the brain and the cultural context
3. Physiological, psychological and social needs
   a. Structure of needs
   b.Basic needs
   c. Psychological needs
   d. Social needs
   e. Fundamentals of regulation
   f. Relationship between needs and social context
4. Intrinsic and extrinsic motivations
   the definition
   b. External regulation of motivation
   c. Internal regulation of motivation
5.Cognitions
   a. Formulation of objectives and effort to achieve them
   b. Personal control beliefs
   c.The Self, the self-concept and the identity
6.The emotions
   a. Nature of emotions
   b. Biological and cognitive aspects

19. Assessment Methods

ASSESSMENT:
Fundamental Elements of Evaluation:
-Group work (and/or individual)
-intermediate tests
Supporting elements for continuous evaluation
-Small individual and group work carried out in class
-Observation of the following behavior indicators:
a) Participation and adherence

20. Didactic Resources

multimedia projector; computer programs (Word; power point; etc)
Exercise copies and case studies for discussion
films and multimedia material.

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21. Sustainability Objectives

Objective 3: Health and Quality
Reduce premature mortality from non-communicable diseases by one-third through prevention and treatment, and promote mental health and well-being.
Objective 4: Quality Education
Ensure that all learners acquire the knowledge and skills necessary to promote sustainable development, including but not limited to through education for sustainable development and sustainable lifestyles, human rights, gender equality.

22. Keywords

emotions
Cognitions
Feelings
Motivation
self-regulation

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23. Main Bibliography

Author(s):	Reeve, J.		
Title:	Understanding motivation and emotion		
Edition:	7ª	Year:	2017
Local:	USA		
Publisher:	John Wiley and Sons.		

Author(s):	Keltner, D., Oatley, K., & Jenkins, J.		
Title:	Understanding emotions		
Edition:	4ª	Year:	2019
Local:	Hoboken		
Publisher:	Wiley		

Author(s):	Ryan, R.		
Title:	The oxford handbook of human motivation		
Edition:	2ª	Year:	2019
Local:	Oxford		
Publisher:	Oxford University Press.		

24. Complementary Bibliography

Author(s):	Lewis M., & Haviland-Jones J.		
Title:	The handbook of emotions		
Edition:	4ª	Year:	2018
Local:	New York		
Publisher:	Guilford Press.		

Author(s):	Barrett, L., Russell , J., & LeDoux, J.		
Title:	The Psychological Construction of Emotion		
Edition:	1ª	Year:	2015
Local:	New York		
Publisher:	Guilford Press.		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA DA MOTIVAÇÃO E EMOÇÕES': Academic Year 2025/2026
Autor / Author	Prof. Doutora TÚLIA RUTE MAIA CABRITA
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Colaborador(es) / Colaborator(s)	-
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