



University of Pretoria Yearbook 2022

Theoretical frameworks in sport and exercise psychology 320 (YSP 320)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	30.00
NQF Level	07
Prerequisites	YSP 310
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Sport and Leisure Studies
Period of presentation	Semester 2

Module content

This module focuses on theoretical frameworks, paradigms and research methodologies in the context of sport and exercise psychology. The alignment of different research methodologies and psychological practices with the most prominent theoretical frameworks and paradigms in the field of sport and exercise psychology are explored, analysed and compared. The research process from the creation of the research question and the development of a meaningful research proposal in the field of sport and exercise psychology is interrogated and assessed. The critical analysis of existing research and practical case studies in the field of sport and exercise psychology will be developed and argued.

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