



# University of Pretoria Yearbook 2016

## Foundations of sport, exercise and performance psychology 110 (YSP 110)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	12.00
<b>Programmes</b>	<a href="#">HCert (Sports Science) Option: Sports Coaching</a> <a href="#">BA Extended Programme</a> <a href="#">BA Humanities</a> <a href="#">BA Languages Languages</a> <a href="#">BA Law</a> <a href="#">BA Option: Sport and Leisure in Society</a> <a href="#">BA Option: Sport and Recreation Management</a> <a href="#">BA Option: Sports Coaching Science</a> <a href="#">BA Option: Sports Psychology</a>
<b>Service modules</b>	Faculty of Health Sciences
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

### Module content

In this module basic principles of sport, exercise and performance psychology are identified as basis for subsequent modules. Fundamental principles of motivation, activation, attention, personality and aggression and their role in sport, exercise and performance are identified, defined and discussed in diverse sport contexts.

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