



University of Pretoria Yearbook 2016

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

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