

University of Pretoria Yearbook 2017

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

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 12.00

Programmes [BA Extended programme](#)

[BA Humanities](#)

[BA Languages](#)

[BA Sport and Leisure Studies Sport and Leisure in Society](#)

[BA Sport and Leisure Studies Sport and Recreation Management](#)

[BA Sport and Leisure Studies Sports Coaching Science](#)

[BA Sport and Leisure Studies Sports Psychology](#)

Service modules Faculty of Health Sciences

Contact time 3 lectures per week

Language of tuition Afrikaans and English is used in one class

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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