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# University of Pretoria Yearbook 2017

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## BA Sport and Leisure Studies Sports Psychology (01130128)

**Duration of study** 3 years

**Total credits** 444

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### Programme information

This three-year full-time programme is aimed at those interested in careers in the sport and leisure industries. A broad knowledge base provides graduates with understanding and skill sets to interrogate, create, promote, lead and manage the potential, promise, possibilities and power of contemporary globalised sport and leisure. Students are guided toward specialisation in the areas of sports management, sports psychology, sport and leisure in society, or sports coaching sciences. This will prepare graduates for employment in public or private sectors in contexts of commercialised and professional sport, sports development, community development and mass participation, sports coaching and facilitating psycho-social wellness through sport and leisure.

On completion of this specialisation area (Option: Sports Psychology) a graduate will demonstrate knowledge and skills related to sport, exercise and performance psychology. Graduates may find employment as relationship facilitators, coaches and facilitators of learning in sport, exercise and leisure contexts. Combining this area of specialisation with Psychology as elective could lead to postgraduate specialisation in Sports Psychology.

Closing date for applications: 30 September annually.

### Admission requirements

- The following candidates will be considered for admission: a candidate who is in possession of a certificate that is deemed by the University to be equivalent to the required Grade 12 certificate with university endorsement ; a candidate who is a graduate from another tertiary institution or has been granted the status of a a graduate of such a institution;and a candidate who is a graduate of another faculty of the University of Pretoria.
- Candidates who achieved an APS of 30 in Grade 11 and comply with the minimum subject requirements and achievement levels of these study programmes will automatically be granted placement in the study programmes, subject to the availability of space.
- The above-mentioned is not applicable to selection programmes.
- To retain admission, learners will be expected to obtain an APS of at least 28 in Grade 12.
- Prospective students who have already been granted provisional admission in these study programmes, but obtained at least an APS of 27 in Grade 12, will be considered by the Admission Committee should space be available.
- The Admission Committee of the Faculty of Humanities will consider these students once the results of the National Benchmark Test (NBT) are available and depending on the availability of space.
- The Faculty will assess satisfactory performance in the NBT in the light of its commitment to ensure that an appropriate proportion of the applicants will be drawn from the historically disadvantaged category of the



population.

- Applicants with an APS of 30 but who do not comply with the subject requirements must write the NBT.
- Life Orientation is excluded when calculating the APS.

Minimum requirements				
Achievement Level				APS
Afrikaans or English				
NSC/IEB	HIGCSE	AS-Level	A-Level	
5	3	C	C	30

## Other programme-specific information

Students who are deemed to be at risk of their level of academic literacy are compelled to take ALL 110 and ALL 125.

Students who are deemed NOT to be at risk of their level of academic literacy are compelled to take language modules to the value of 12 credits from the list of language modules (see Academic literacy).

### Notes:

- Students will be required to obtain an accredited Level 0/1 Coaching Certificate in one sport of choice in YCS 120 at their own cost as part of the degree requirements. A sports coaching certificate can be obtained from any recognised National Sport Federation (NSF) in South Africa. Practical demonstration and application of sports coaching skills could be done on and off campus.
- Students will be required to obtain a Community Recreation Leader Certificate in YSL 110 at their own cost as part of the degree requirements. The department will make arrangements in this regard.

### Academic literacy

The academic literacy of all students who enrol at the University of Pretoria for the first time and all new students enrolling with the Faculty of Humanities for the first time will be assessed at the start of the academic year by means of their NSC marks.

1. Students following a degree programme in English: The NSC Grade 12 English mark will be used to determine whether students in the Faculty of Humanities should register for the academic literacy modules (ALL 110 and ALL 125 in English):
  - Home Language: Students with a 4 or lower register for ALL 110 and ALL 125.
  - First Additional Language: Students with a 5 or lower register for ALL 110 and ALL 125.
2. Students following a degree programme in Afrikaans: The NSC Grade 12 Afrikaans mark will be used to determine whether students in the Faculty of Humanities should register for the academic literacy modules (VAG 110 and VAG 125 in Afrikaans):
  - Home Language: Students with a 4 or lower register for VAG 110 and VAG 125.

All students in the Faculty of Humanities who are identified as being at risk in terms of their level of academic literacy, are compelled to obtain at least 12 credits in the academic literacy modules ALL 110 or VAG 110 and ALL 125 or VAG 125.

All students in the Faculty of Humanities who are not at risk in terms of their level of academic literacy, are



compelled to obtain at least 12 credits in language modules:

### **Department of English**

ENG 110 Introduction to literature in English (I)

ENG 120 Introduction to literature in English (II)

ENG 118 English for specific purposes

### **Departement Afrikaans**

AFR 110 Afrikaanse taalkunde en letterkunde

AFR 120 Afrikaanse taalkunde en letterkunde

AFR 114 Afrikaans vir sprekers van ander tale (I)

### **Department of African Languages**

NDE 110 Introduction to isiNdebele grammar – Capita selecta

\* Students who want to take isiNdebele in the second semester, should also register for AFT 121 (African languages literature: Capita selecta)

ZUL 110 IsiZulu for beginners

ZUL 111 Introduction to isiZulu grammar – Capita selecta

\* Students want to take isiZulu in the second semester, should also register for AFT 121 (African languages literature: Capita selecta)

SEP 110 Sepedi for beginners

SEP 111 Introduction to Sepedi Grammar – Capita selecta

\* Students who want to take Sepedi in the second semester, should also register for AFT 121 (African languages literature: Capita selecta)

STW 110 Setswana for beginners

STW 111 Introduction to Setswana Grammar – Capita selecta

\*Students who want to take Setswana in the second semester, should also register for AFT 121 (African languages literature: Capita selecta)

### **Department of Modern European Languages**

DTS 104 German for beginners

DTS 113 German: Cultural-professional (1) \*Prerequisite: Grade 12 German

FRN 104 French for beginners

FRN 113 French: Cultural-professional (1) \*Prerequisite: Grade 12 French

SPN 101 Spanish for beginners

SPN 102 Spanish for beginners

PTG 101 Portuguese for beginners

### **Department of Ancient Languages and Cultures**

HEB 110 Hebrew

LAT 110 Latin

GRK 110 Greek



## Curriculum: Year 1

Minimum credits: 138

### Fundamental modules

#### Academic information management 101 (AIM 101)

**Module credits** 6.00

**Service modules** Faculty of Engineering, Built Environment and Information Technology  
Faculty of Education  
Faculty of Economic and Management Sciences  
Faculty of Humanities  
Faculty of Law  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences  
Faculty of Theology  
Faculty of Veterinary Science

**Prerequisites** No prerequisites.

**Contact time** 2 lectures per week

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Information Science

**Period of presentation** Semester 1

#### Module content

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology. Apply effective search strategies in different technological environments. Demonstrate the ethical and fair use of information resources. Integrate 21st-century communications into the management of academic information.

#### Academic information management 111 (AIM 111)

**Module credits** 4.00

**Service modules** Faculty of Engineering, Built Environment and Information Technology  
Faculty of Education  
Faculty of Economic and Management Sciences  
Faculty of Humanities  
Faculty of Law  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences  
Faculty of Theology

**Prerequisites** No prerequisites.

**Contact time** MAMELODI, 2 lectures per week

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Information Science



**Period of presentation** Semester 1

**Module content**

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology.

**Academic information management 121 (AIM 121)**

**Module credits** 4.00

**Service modules**

Faculty of Engineering, Built Environment and Information Technology  
Faculty of Education  
Faculty of Economic and Management Sciences  
Faculty of Humanities  
Faculty of Law  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences  
Faculty of Theology  
Faculty of Veterinary Science

**Prerequisites** No prerequisites.

**Contact time** 2 lectures per week, MAMELODI

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Informatics

**Period of presentation** Semester 2

**Module content**

Apply effective search strategies in different technological environments. Demonstrate the ethical and fair use of information resources. Integrate 21st-century communications into the management of academic information.

**Academic literacy 110 (ALL 110)**

**Module credits** 6.00

**Service modules**

Faculty of Health Sciences  
Faculty of Theology

**Prerequisites** No prerequisites.

**Contact time** 2 lectures per week

**Language of tuition** Module is presented in English

**Academic organisation** Unit for Academic Literacy

**Period of presentation** Semester 1

**Module content**

This module intends to equip students to cope more confidently and competently with the reading and understanding of a variety of texts, to apply these skills in a variety of contexts and to follow the conventions of academic writing.



## Academic literacy for Humanities 125 (ALL 125)

<b>Module credits</b>	6.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Academic organisation</b>	Unit for Academic Literacy
<b>Period of presentation</b>	Semester 2

### Module content

This module equips students to understand and use a range of discipline-specific terminology; apply the strategies of critical and comprehensive reading to their own academic literacy; apply the conventions of academic writing to their own writing, using the process approach, to produce intelligible academic texts and use the correct referencing technique as required by the faculty.

## Academic orientation 101 (UPO 101)

<b>Module credits</b>	0.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Humanities Dean's Office
<b>Period of presentation</b>	Year

## Core modules

### Psychology 110 (SLK 110)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Engineering, Built Environment and Information Technology Faculty of Education Faculty of Health Sciences Faculty of Natural and Agricultural Sciences
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	2 discussion classes per week, 2 lectures per week
<b>Language of tuition</b>	Separate classes for Afrikaans and English
<b>Academic organisation</b>	Psychology
<b>Period of presentation</b>	Semester 1



## Module content

This module is a general orientation to Psychology. An introduction is given to various theoretical approaches in Psychology, and the development of Psychology as a science is discussed. Selected themes from everyday life are explored and integrated with psychological principles. This module focuses on major personality theories. An introduction is given to various paradigmatic approaches in Psychology.

## Psychology 120 (SLK 120)

**Module credits** 12.00

**Service modules** Faculty of Engineering, Built Environment and Information Technology  
Faculty of Education  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences

**Prerequisites** No prerequisites.

**Contact time** 2 lectures per week, 2 discussion classes per week

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Psychology

**Period of presentation** Semester 2

## Module content

This module introduces the student to a basic knowledge and understanding of the biological basis of human behaviour. The module addresses the key concepts and terminology related to the biological subsystem, the rules and principles guiding biological psychology, and identification of the interrelatedness of different biological systems and subsystems. In this module various cognitive processes are studied, including perception, memory, thinking, intelligence and creativity. Illustrations are given of various thinking processes, such as problem solving, critical, analytic and integrative thinking.

## Foundations of recreation and sports management 110 (SRM 110)

**Module credits** 12.00

**Service modules** Faculty of Economic and Management Sciences  
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

This module is a broad introduction to sport and recreation as products in the market. Students discover the nature of sport and recreation, the difference between the concepts and policies, plans, strategies and structures of sport and recreation in South Africa and Zone VI in Africa. The dynamic scope and nature of recreation and sports management are introduced and discussed. Emphasis is placed on basic management tasks and functions in sport and recreation contexts, interpersonal skills, leadership and control systems and techniques in sport and recreation. The module establishes a foundation of management knowledge and skills on which subsequent sport and recreation management modules are built.

## Leadership in sport and recreation 120 (SRM 120)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Economic and Management Sciences
<b>Prerequisites</b>	SRM 110
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

## Module content

This module explores the difference between sports and recreation management and leadership and their application in sport and recreation. Selected classic and modern management and leadership theories are identified, described and compared in sport and recreation contexts. Students are guided towards selecting and demonstrating appropriate leadership styles and skills related to cross-cultural sport and recreation situations. Emphasis is placed on building leadership capacity through sport and recreation. This module establishes leadership competencies and confidence for subsequent academic service learning and community engagement activities.

## Foundations of sports coaching sciences 110 (YCS 110)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

## Module content

This module identifies, defines and examines the underlying theoretical dimensions and practical principles of scientific sports coaching to provide a platform for subsequent knowledge and application in sports coaching contexts.





## Teaching and learning in sport 120 (YCS 120)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	YCS 110
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

### Module content

This module builds on the fundamental principles of sports coaching. It focuses on the processes and techniques of learning and teaching of skills within a sports paradigm. Methodological techniques as implemented by the coach in teaching and learning of sports skills are identified, discussed and applied. In this module the student gets the opportunity to obtain a Level 0/1 Sports Coaching certificate in a sport of choice.

## Foundations of leisure and recreation 110 (YSL 110)

<b>Module credits</b>	12.00
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

### Module content

This module provides a strong underpinning to the theoretical concepts of recreation and leisure in societies. Foundations of recreation and leisure, the multifaceted delivery systems and diverse service areas of recreation are identified, characterised and discussed in contemporary contexts. The power, promise, potential and possibilities of recreation and leisure in society are explained and illustrated practically. In this module students obtain an accredited community recreation leadership certificate to provide a foundation for subsequent community engagement and academic service learning components.

## Sport in society 120 (YSL 120)

<b>Module credits</b>	12.00
<b>Prerequisites</b>	YSL 110
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2



## Module content

In this module the role and function of sport as a social phenomenon in society are discussed and explored from different perspectives. Contemporary issues and controversies within the world of sport are unpacked to equip students to recognise and contribute to discourses in the globalised world of sport.

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

**Module credits** 12.00

**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.

## Psychology of sport coaching 120 (YSP 120)

**Module credits** 12.00

**Service modules** Faculty of Health Sciences

**Prerequisites** YSP 110

**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 2

## Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.



## Curriculum: Year 2

Minimum credits: 156

### Fundamental modules

#### Social research: Introductory methodology 210 (RES 210)

**Module credits** 20.00

**Service modules**

Faculty of Engineering, Built Environment and Information Technology  
Faculty of Economic and Management Sciences  
Faculty of Natural and Agricultural Sciences

**Prerequisites**

No prerequisites.

**Contact time**

2 lectures per week

**Language of tuition**

Separate classes for Afrikaans and English

**Academic organisation**

Psychology

**Period of presentation**

Semester 1

#### Module content

The module introduces methods of inquiry in the social sciences and humanities. The purpose of this module is to introduce students to the research process in order to equip them with the necessary competence to:

- identify social problems, formulate research questions and hypotheses;
- have a basic understanding of writing the literature review and research proposal;
- know and select relevant methods of inquiry;
- be aware of the necessity of conducting ethically sound research; and
- interpret and present data graphically.

### Core modules

#### Psychology 210 (SLK 210)

**Module credits** 20.00

**Service modules**

Faculty of Engineering, Built Environment and Information Technology  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences

**Prerequisites**

SLK 110, SLK 120(GS)

**Contact time**

2 discussion classes per week, 2 lectures per week

**Language of tuition**

Separate classes for Afrikaans and English

**Academic organisation**

Psychology

**Period of presentation**

Semester 1



## Module content

In this module human development from conception through adolescence to adulthood is discussed with reference to various psychological theories. Incorporated are the developmental changes related to cognitive, physical, emotional and social functioning of the individual and the context of work in adulthood. Traditional and contemporary theories of human development explaining and describing these stages are studied in order to address the key issues related to both childhood and adulthood.

### Psychology 220 (SLK 220)

**Module credits** 20.00

**Service modules** Faculty of Engineering, Built Environment and Information Technology  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences

**Prerequisites** SLK 110, SLK 120(GS) and (RES 210 recommended)

**Contact time** 2 discussion classes per week, 2 lectures per week

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Psychology

**Period of presentation** Semester 2

## Module content

This module is a social-psychological perspective on interpersonal and group processes. Themes that are covered include communication, pro-social behaviour, social influence and persuasion, political transformation, violence, and group behaviour.

### Fundamentals of human movement 210 (YCS 210)

**Module credits** 16.00

**Prerequisites** YCS 120

**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 human anatomy, physiology and kinesiology knowledge and principles related to sports coaching are identified, discussed and applied.

### Motor behaviour 220 (YCS 220)

**Module credits** 16.00

**Prerequisites** YCS 210

**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 2

### Module content

This module builds on YCS 210 and recognises, explains and implements the principles, values and roles of motor control, motor development and motor learning in effective sports coaching.

## Sport tourism 210 (YSL 210)

**Module credits** 16.00

**Service modules** Faculty of Economic and Management Sciences

**Prerequisites** YSL120

**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

This module presents an introduction to sport tourism from a tourist destination perspective. Concepts in sport tourism are defined, a timeline of the development of sport tourism and different sport tourism models, motivations for sport tourism involvement and forms of sport tourism are explored and discussed. The role and influence of government in sport tourism are analysed and critiqued. The impact of sport tourism on community development is examined through case studies.

## Sport development 220 (YSL 220)

**Module credits** 16.00

**Service modules** Faculty of Economic and Management Sciences

**Prerequisites** YSL 210

**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 2

### Module content

In this module the student is orientated towards strategies and skills that develop both an active and winning nation to improve the health and wellness of the South African population through mass participation in sport and recreation. Knowledge and skills to detect, develop and retain talented athletes through sport development structures and systems are discussed. The Sport Academy system in South Africa and Zone VI in Africa are analysed and appropriate delivery strategies and structures are planned and designed. Students will also perform academic service through community engagement in diverse communities.



## Applied sport psychology 210 (YSP 210)

<b>Module credits</b>	16.00
<b>Prerequisites</b>	YSP 120
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

### Module content

In this module the basic psychological effectiveness, principles and skills of high performance in sport are identified, explained and applied in high-performance sport contexts. The role and value of psychological skills training, appropriate cognitive approaches, theoretical frameworks and different intervention strategies are explored, integrated and applied to develop mental toughness and optimise high performance in sport.

## Psychology of well-being in sport 220 (YSP 220)

<b>Module credits</b>	16.00
<b>Prerequisites</b>	YSP 210
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Afrikaans and English is used in one class
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

### Module content

This module explores theories, research and practical applications of the psychology of well-being and critical issues such as injuries, burnout and drug abuse in sport. The recognition of a proactive approach to create, develop and implement positive psychological principles to build capacity for well-being in and through the use of sport, exercise and leisure activities. The interpretation of different rehabilitation strategies, principles and skills will be employed according to the need of the participant.



## Curriculum: Final year

Minimum credits: 150

### Fundamental modules

#### Social research: Methodological thinking 320 (RES 320)

**Module credits** 30.00

**Service modules** Faculty of Natural and Agricultural Sciences

**Prerequisites** RES 210

**Contact time** 2 lectures per week

**Language of tuition** Module is presented in English

**Academic organisation** Psychology

**Period of presentation** Semester 2

#### Module content

The module introduces methods of inquiry in the social sciences and humanities. The purpose of this module is to introduce students to the research process in order to equip them with the necessary competence to:

- identify social problems, formulate research questions and hypotheses;
- have a basic understanding of writing the literature review and research proposal;
- know and select relevant methods of inquiry;
- be aware of the necessity of conducting ethically sound research; and
- interpret and present data graphically.

### Core modules

#### Psychology 310 (SLK 310)

**Module credits** 30.00

**Service modules** Faculty of Engineering, Built Environment and Information Technology  
Faculty of Natural and Agricultural Sciences

**Prerequisites** SLK 210(GS), SLK 220(GS)

**Contact time** 2 discussion classes per week, 2 lectures per week

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Psychology

**Period of presentation** Semester 1



## Module content

Identification of abnormal behaviour in children based on knowledge of normal childhood development; introduction to the study of various models pertaining to abnormal behaviour; understanding and application of basic concepts in child psychopathology. This module also provides an introduction to psychopathology and symptomatology of adult abnormal behaviour. Terminology, definitions of abnormal behaviour, problems in diagnosis, labelling, and myths regarding abnormal behaviour are discussed. Neurosis as a specific mental disorder is studied critically from a multidimensional perspective, including intrapsychic, interpersonal and social-cultural explanations.

## Psychology 320 (SLK 320)

**Module credits** 30.00

**Service modules** Faculty of Engineering, Built Environment and Information Technology  
Faculty of Natural and Agricultural Sciences

**Prerequisites** SLK 310(GS)

**Contact time** 2 lectures per week, 2 discussion classes per week

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Psychology

**Period of presentation** Semester 2

## Module content

This module deals with a community psychological perspective on human behaviour and psychological interventions and also critically explores the contribution of various perspectives in psychology. The module focuses on themes such as definitions of key concepts, principles and aims of community psychology, and the role of the community psychologist as well as the impact of earlier thought frameworks on contemporary perspectives. The implications of these ideas for practical initiatives focussed on mental health in communities, are discussed. The module further focuses on critical psychology. Critical psychology is an orientation towards psychology that is critical towards the assumptions and practices of psychology as it is practiced in the mainstream. It attempts to address power issues as they manifest in the practice of mainstream psychology. The focus is on examining how the practice and theories of mainstream psychology contribute to these power issues impacting on marginalised groups.

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

**Module credits** 30.00

**Prerequisites** YSP 310

**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 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.

## Psycho-social issues in sport 310 (YSP 310)

**Module credits** 30.00

**Prerequisites** YSP 220

**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 higher order thinking abilities and skills to critically analyse different social settings and issues in sport are developed. Social dynamics, theories and research related to sport, exercise and performance contexts are interpreted and implemented in sports contexts. Specific psycho-social aspects of team cohesion, the role of spectators, aggression and violence and other contemporary social issues in sport are discussed and critiqued.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.