

University of Pretoria Yearbook 2018

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

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 16.00

Prerequisites YSP 210

Contact time 3 lectures per week

Language of tuition Afrikaans and English are used in one class

Department Sport and Leisure Studies

Period of presentation 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.

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