

University of Pretoria Yearbook 2019

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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