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# University of Pretoria Yearbook 2019

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## 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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