

# University of Pretoria Yearbook 2016

## Sports psychology (1) 151 (MBK 151)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	6.00
<b>Service modules</b>	Faculty of Economic and Management Sciences
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	4 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 2

### Module content

\*Closed – requires departmental selection

Sports psychology at first-year level is a general introductory module that orientates the student in sport psychology as a science. The module focuses on psychological principles and human behaviour in an exercise and sport context. This includes the study of sport and exercise behaviour, the psychology of coaching and exercise psychology.

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