

University of Pretoria Yearbook 2016

Sports psychology (2) 251 (MBK 251)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	8.00
Prerequisites	No prerequisites.
Contact time	4 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 2

Module content

*Closed – requires departmental selection

Sports psychology in this module focuses on the application of psychology in practical sports settings. The student is orientated in psychological sports questionnaires that determine motivation, activation levels as well as sports psychological techniques. The psychology of injuries and burnout form part of this module.

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