

# University of Pretoria Yearbook 2016

## Sports science 152 (SPK 152)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 4

### Module content

#### Psychology of sport

Orientation within psychology and its applications in sport is addressed. Human behaviour is studied within the normal as well as exercise and sports context. Psychological principles of value to the sports coach as manager and educator is dealt with.

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