

University of Pretoria Yearbook 2016

Psychology of well-being in sport 220 (YSP 220)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 16.00

Programmes [BA Option: Sport and Leisure in Society](#)

[BA Option: Sports Coaching Science](#)

[BA Option: Sports Psychology](#)

Prerequisites YSP 210

Contact time 3 lectures per week

Language of tuition Double Medium

Academic organisation 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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