

University of Pretoria Yearbook 2017

Foundations of sport, exercise and performance psychology 110 (YSP 110)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	12.00
Programmes	BA Extended programme
	BA Humanities
	BA Languages
	BA Sport and Leisure Studies Sport and Leisure in Society
	BA Sport and Leisure Studies Sport and Recreation Management
	BA Sport and Leisure Studies Sports Coaching Science
	BA Sport and Leisure Studies Sports Psychology
Service modules	Faculty of Health Sciences
Contact time	3 lectures per week
Language of tuition	Afrikaans and English is used in one class
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 1

Module content

In this module basic principles of sport, exercise and performance psychology are identified as basis for subsequent modules. Fundamental principles of motivation, activation, attention, personality and aggression and their role in sport, exercise and performance are identified, defined and discussed in diverse sport contexts.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.