
University of Pretoria Yearbook 2017

Foundations of sport, exercise and performance psychology 111 (YSP 111)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	12.00
Programmes	HCert Sports Science Sports Coaching
Contact time	3 lectures per week
Language of tuition	Afrikaans and English is used in one class
Academic organisation	Biokinetics and Sports Science
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.

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