

# University of Pretoria Yearbook 2017

## Psychology of sport coaching 120 (YSP 120)

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| <b>Qualification</b>          | Undergraduate                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Faculty</b>                | <a href="#">Faculty of Humanities</a>                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Module credits</b>         | 12.00                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Programmes</b>             | <a href="#">BA Extended programme</a><br><a href="#">BA Humanities</a><br><a href="#">BA Languages</a><br><a href="#">BA Sport and Leisure Studies Sport and Leisure in Society</a><br><a href="#">BA Sport and Leisure Studies Sport and Recreation Management</a><br><a href="#">BA Sport and Leisure Studies Sports Coaching Science</a><br><a href="#">BA Sport and Leisure Studies Sports Psychology</a> |
| <b>Service modules</b>        | Faculty of Health Sciences                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Prerequisites</b>          | YSP 110                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Contact time</b>           | 3 lectures per week                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Language of tuition</b>    | Afrikaans and English is used in one class                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Academic organisation</b>  | Sport and Leisure Studies                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Period of presentation</b> | Semester 2                                                                                                                                                                                                                                                                                                                                                                                                    |

### Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.

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