

University of Pretoria Yearbook 2017

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

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	16.00
Programmes	BA Sport and Leisure Studies Sport and Leisure in Society BA Sport and Leisure Studies Sports Coaching Science BA Sport and Leisure Studies Sports Psychology
Prerequisites	YSP 210
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 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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