



University of Pretoria Yearbook 2017

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

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| Qualification | Undergraduate |
| Faculty | Faculty of Humanities |
| 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. |
| 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 |

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