



University of Pretoria Yearbook 2017

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

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

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.

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

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