

University of Pretoria Yearbook 2018

Sports psychology (1) 151 (MBK 151)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	6.00
Service modules	Faculty of Economic and Management Sciences
Prerequisites	No prerequisites.
Language of tuition	Afrikaans and English are used in one class
Department	Sport and Leisure Studies
Period of presentation	Quarter 2

Module content

*Closed – requires departmental selection

Sports psychology at first-year level is a general introductory module that orientates the student in sport psychology as a science. The module focuses on psychological principles and human behaviour in an exercise and sport context. This includes the study of sport and exercise behaviour, the psychology of coaching and exercise psychology.

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