
University of Pretoria Yearbook 2018

Sports psychology (2) 251 (MBK 251)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 8.00

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 in this module focuses on the application of psychology in practical sports settings. The student is orientated in psychological sports questionnaires that determine motivation, activation levels as well as sports psychological techniques. The psychology of injuries and burnout form part of this module.

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