

---

# University of Pretoria Yearbook 2018

---

## Foundations of sport, exercise and performance psychology 111 (YSP 111)

**Qualification** Undergraduate

**Faculty** [Faculty of Health Sciences](#)

**Module credits** 12.00

**Contact time** 3 lectures per week

**Language of tuition** Afrikaans and English are used in one class

**Department** Biokinetics and Sports Science

**Period of presentation** Semester 1

### 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.

---

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.