

# University of Pretoria Yearbook 2018

## Applied sport psychology 210 (YSP 210)

**Qualification** Undergraduate

**Faculty** [Faculty of Humanities](#)

**Module credits** 16.00

**Prerequisites** YSP 120

**Contact time** 3 lectures per week

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

**Department** Sport and Leisure Studies

**Period of presentation** Semester 1

### Module content

In this module the basic psychological effectiveness, principles and skills of high performance in sport are identified, explained and applied in high-performance sport contexts. The role and value of psychological skills training, appropriate cognitive approaches, theoretical frameworks and different intervention strategies are explored, integrated and applied to develop mental toughness and optimise high performance in sport.

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.