

# University of Pretoria Yearbook 2019

## Sports psychology 212 (MBK 212)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	10.00
<b>Programmes</b>	<a href="#">BSportSci</a>
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

### Module content

\*Closed – requires departmental selection

In this module students will form an understanding of the multi-dimensional nature of sport psychology, with specific reference to Performance Termination (PT), Performance Dysfunction (PDy), Performance Impairment (PI) and Performance Development (PD) as portrayed in the Multi-Level Classification System for Sport Psychology (MCS-SP). Through studying the MCS-SP students will understand the role of sport psychologists in the sport context, how sport psychology focuses on the psychological well-being of athletes within sport organizations, as well as the psychological aspects that contribute to excellence in sport performance.

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