



University of Pretoria Yearbook 2019

Sports psychology 212 (MBK 212)

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| Qualification | Undergraduate |
| Faculty | Faculty of Health Sciences |
| Module credits | 10.00 |
| Programmes | BSportSci |
| Contact time | 2 lectures per week |
| Language of tuition | Module is presented in English |
| Department | Sport and Leisure Studies |
| Period of presentation | 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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