

University of Pretoria Yearbook 2019

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.

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