



University of Pretoria Yearbook 2019

Foundations of sport, exercise and performance psychology 110 (YSP 110)

Qualification	Undergraduate
Faculty	Faculty of Humanities
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.
Module credits	12.00
Service modules	Faculty of Health Sciences
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Sport and Leisure Studies
Period of presentation	Semester 1

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 each student to familiarise himself or herself 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.