

University of Pretoria Yearbook 2020

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	Module is presented in English
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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