

University of Pretoria Yearbook 2021

Psychology of sport coaching 120 (YSP 120)

Qualification	Undergraduate
Faculty	Faculty of Humanities
Module credits	12.00
NQF Level	05
Service modules	Faculty of Health Sciences
Prerequisites	YSP 110
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Sport and Leisure Studies
Period of presentation	Semester 2

Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.

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