

# University of Pretoria Yearbook 2022

## Sports psychology 210 (MBK 210)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	10.00
<b>NQF Level</b>	06
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Biokinetics and Sports Science
<b>Period of presentation</b>	Quarter 1 and Quarter 2

### Module content

\*Closed – requires departmental selection Sports psychology on second-year level is a general introductory module that orientates the student in sports psychology as a science. The module focuses on psychological principles and human behaviour in an exercise and sports context. This includes the study of sports and exercise behaviour, the psychology of coaching and exercise psychology. Sports psychology in this module focuses on the application of psychology in practical sports settings. The student is orientated in psychological sports questionnaires that determine motivation, activation levels as well as sports psychological techniques. The psychology of injuries and burnout form part of this module.

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