

University of Pretoria Yearbook 2022

Sports psychology 212 (MBK 212)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	10.00
NQF Level	07
Programmes	BSportSci
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1

Module content

*Closed – requires departmental selection

In this module students will form an understanding of the multi-dimensional nature of sport psychology, with specific reference to Performance Termination (PT), Performance Dysfunction (PDy), Performance Impairment (PI) and Performance Development (PD) as portrayed in the Multi-Level Classification System for Sport Psychology (MCS-SP). Through studying the MCS-SP students will understand the role of sport psychologists in the sport context, how sport psychology focuses on the psychological well-being of athletes within sport organizations, as well as the psychological aspects that contribute to excellence in sport performance.

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