

University of Pretoria Yearbook 2022

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

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 12.00

NQF Level 05

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

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.

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