

# University of Pretoria Yearbook 2022

## Applied sport psychology 210 (YSP 210)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Humanities</a>
<b>Module credits</b>	16.00
<b>NQF Level</b>	06
<b>Prerequisites</b>	YSP 120
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Sport and Leisure Studies
<b>Period of presentation</b>	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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