

# University of Pretoria Yearbook 2022

## Theoretical frameworks in sport and exercise psychology 320 (YSP 320)

**Qualification** Undergraduate

**Faculty** [Faculty of Humanities](#)

**Module credits** 30.00

**NQF Level** 07

**Prerequisites** YSP 310

**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 focuses on theoretical frameworks, paradigms and research methodologies in the context of sport and exercise psychology. The alignment of different research methodologies and psychological practices with the most prominent theoretical frameworks and paradigms in the field of sport and exercise psychology are explored, analysed and compared. The research process from the creation of the research question and the development of a meaningful research proposal in the field of sport and exercise psychology is interrogated and assessed. The critical analysis of existing research and practical case studies in the field of sport and exercise psychology will be developed and argued.

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