



University of Pretoria Yearbook 2021

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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