



Applied Sport Psychology: Practical Steps for Optimising Performance and Mental Toughness

Presented by the Department of Psychology, University of Pretoria

The short course in **Applied Sport Psychology: Practical Steps for Optimising Performance and Mental Toughness**

is a course that has been specially developed for coaches and psychologists working with sports people. The aim of this course is to optimise performance of sport participants and sports teams. During the course you will be equipped with critical perceptions, psychological principles and skills that will give you a better understanding of the psychological dimensions involved in maintaining high performance under extreme pressure. This course will also increase your ability to bounce back when faced with setbacks and adverse conditions and empower you to optimise your professional performance.

Course content

- The power of perceptions
- Learn through experience
- The winning mindset
- The mind and body link
- Psychological skills and mindfulness (MAC approach)
- Maintaining motivation
- Effective teamwork
- Balance in life
- Capacity building

Learning outcomes

After completion of this course, you should be able to

- understand critical perceptions of your own abilities and success and failure
- maintain high performance under pressure
- develop resilience and bounce back when faced with setbacks and adverse conditions
- maintain balance between performance zone and the recovery zone, and
- build psycho-physical capacity.

Who should enrol?

This course is ideal for coaches and psychologists working with sports people and sport teams. The course can be adapted according to specific needs of a sport code.

Course fees

R3 850.00 per delegate (VAT incl.)

Course fees include all course material, refreshments and other materials.

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to enrolments@enterprises.up.ac.za.

Accreditation and certification

Enterprises University of Pretoria (Pty) Ltd is wholly owned by the University of Pretoria. As a public higher education institution, the University of Pretoria functions in accordance to the Higher Education Act 101 of 1997. Enterprises University of Pretoria offers short courses on behalf of the University and these short courses are not credit-bearing, and do not lead to formal qualifications on the National Qualifications Framework (NQF) – unless stated otherwise. Delegates who successfully complete a short course and comply with the related assessment criteria (where applicable) are awarded certificates of successful completion and/or attendance by the University of Pretoria.

Registration and enquiries

Course coordinator

Ntsako Baloyi

Tel: +27 (0)12 434 2583

Cell: +27 (0)67 020 5053

Email: ntsako.baloyi@enterprises.up.ac.za

Course leader

Prof Barend Steyn

Religious, Social and Political Studies

Tel: +27 (0)12 420 6040

Email: ben.steyn@up.ac.za

Shifting knowledge to insight

