



University of Pretoria Yearbook 2016

BAHMSHons Sports Science (01240513)

Duration of study 1 year

Total credits 136

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Programme information

Admission to this degree programme is subject to selection; it is a full-time programme and students are required to:

- attend a compulsory laboratory block of 1 month in January;
- be involved in the testing of elite athletes (SASCOC programme);
- be part of the UP Trauma Unit that is responsible for first aid during sports events;
- work as observers during the week at approved sports academies/clubs and be involved in coaching and conditioning programmes;
- be dressed in an approved uniform at all times during the first aid service, testing of elite athletes and while working at the sport academies/clubs; and
- sit for a final oral examination at the end of the academic year.

Admission requirements

- A bachelor's degree with Human Movement Science as major or a bachelor's degree in Sports Sciences.
- Selection takes place on the basis of academic merit as reflected in the official academic record of the student.
- First selection takes place on the basis of all the years' academic achievements in the Natural Sciences.
- A maximum of 21 students are selected per annum.
- The Department reserves the right to select less than 21 students should the academic performance of the applicants not be on standard. The standard is determined by the Selection Committee.



Curriculum: Final year

Minimum credits: 136

Fundamental modules

Research report 709 (NME 709)

Module credits	27.00
Prerequisites	No prerequisites.
Contact time	1 lecture per week
Language of tuition	Both Afr and Eng
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

In this module the focus will be on fundamental quantitative or experimental research methodology, and statistics. The student will have the opportunity to demonstrate an understanding of the module through a written theoretical examination, a research proposal, execution of the research proposal and writing a research report on the study executed, and presentation of the research report, including an introduction, literature review, methodology, results, and discussion, conclusion and recommendations.

Exercise science 717 (MBK 717)

Module credits	27.00
Prerequisites	No prerequisites.
Contact time	1 lecture per week
Language of tuition	Both Afr and Eng
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

Purpose, planning and risk management in exercise testing and prescription. Physical activity in life, health and performance. Exercise testing and prescription of physical fitness components. Advanced exercise science considerations for the elite athlete.

Core modules

Applied physiology 702 (MBK 702)

Module credits	27.00
Prerequisites	No prerequisites.
Contact time	1 lecture per week
Language of tuition	Double Medium



Academic organisation Sport and Leisure Studies

Period of presentation Year

Module content

The module examines exercise physiology as applied in a sport science context and includes the normal and performance enhancement physiology of bio-energetics, adaptation of the body systems, environmental influences, ergogenic aids and special considerations such as aging, gender, genetics and fatigue. (1 hour contact time per week with work assignments for the following week.)

Biomechanics 705 (MBK 705)

Module credits 27.00

Prerequisites No prerequisites.

Contact time 1 lecture per week, 1 practical per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Semester 2

Module content

In any type of sport there are important techniques to accomplish success. To understand these techniques it is essential to be acquainted with the basic mathematics and physics (Newtons Physics). These principles together with the rules of sports (that can impede the mechanical benefits), the limitations of human anatomy and physiology (to develop a mechanical edge) are presented in this module. Aspects of sport management. (1 hour contact time per week with work assignments for the following week.)

Theory of sport 706 (MBK 706)

Module credits 28.00

Prerequisites No prerequisites.

Contact time 1 lecture per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Year

Module content

The contents of motor learning, sport psychology, podiatry, optometry, sport injuries (2 submodules), sports tourism, sports law, sports didactics, sports psychology, exercise science, sport facility management, event management are important for the coach. In this module these facets of human movement sciences are concentrated upon so that they can be of use to the coach. (1 hour contact time per week with work assignments for the following week.)

The information published here is subject to change and may be amended after the publication of this information. The



General Regulations (G Regulations) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the **General Rules** section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.