

University of Pretoria Yearbook 2016

BAHMSHons Biokinetics (01240522)

Duration of study 1 year

Total credits 149

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Programme information

Closing date for applications: 31 August annually.

Admission to this degree programme is subject to selection. It is a full-time programme only, presented according to the minimum standards of the HPCSA and it is expected from students to:

- attend a compulsory laboratory block of 1 month in January;
- work as observers at an approved biokinetic centre during the week and to be involved in coaching and conditioning programmes (compulsory);
- be part of the UP Trauma Unit that is responsible for first aid during sport events;
- be dressed in an approved uniform at all times; 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 honours degree with endorsement 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.

Other programme-specific information

If a second endorsement is obtained, only credit for NME 701 (Research methodology of sport and recreation) will be recognised.

Curriculum: Final year

Minimum credits: 149

Fundamental modules

Complementary disciplines 715 (MBK 715)

Module credits	27.00
Prerequisites	Admission into relevant programme
Contact time	1 lecture per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

*This module replaces MBK 714 and is only available to BA(HMS)(Hons) students specialising in biokenetics. After completion of this module the student will be educated in the following disciplines and will be able to apply them in practice: sport vision, podiatry, ethics and financial management.

- Sport vision: The student will have a general knowledge regarding the different sport vision tests, the interpretation of the tests and the prescription of training programmes.
- Podiatry: The student will have a general knowledge regarding gait analysis, the identification of different foot problems and the prescription of correct shoes and rehabilitation training programmes.
- Ethics: The future and career opportunities in sport and biokinetics, sportsmanship, sport and ethics, sport and drugs, sport and technology.
- Financial management: When the biokinetic student starts with a practice, he/she will become a businessman in the economic sector. This module will give general knowledge to the student regarding operations management, financial management and income tax that will be applicable in practice.

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.

Core modules

Exercise physiology 701 (MBK 701)

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 from a biokinetics perspective and includes the normal and pathophysiology 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.)

Biokinetics 703 (MBK 703)

Module credits	27.00
Prerequisites	No prerequisites.
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

Biokinetics is the practical application of the biological contents that are discussed in other modules in the programme. It deals with preventive medicine, the rehabilitation of abnormal health situations as well as the maintenance of a healthy lifestyle after rehabilitation. (3 hour contact time per week with work assignments for the following week.)

Exercise science 704 (MBK 704)

Module credits	27.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium

Academic organisation	Sport and Leisure Studies
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Period of presentation	Year
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Module content

The line of thought in exercise science is to include the basic principles of physiology and exercise science so that it is useful to both the sportsman as well as the person who exercises on a regular basis in the planning of exercise programmes for various sports or situations. (3 hour contact time per week with work assignments for the following week.)

Nutrition 701 (HNT 701)

Module credits	14.00
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Prerequisites	No prerequisites.
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Contact time	1 discussion class per week, 1 other contact session per week
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Language of tuition	Double Medium
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Academic organisation	Human Nutrition
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Period of presentation	Semester 1
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Module content

Nourishment is very important in the lifestyle of any people. Many problems that threaten the wellness of people arise from a lack of knowledge about nutrition. Nutrition is also very important in the preparation of sportsmen. In this module, the principles of nutrition are covered with specific approaches to work-like situations such as the "sport diet" and "carboloading".
(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.