

University of Pretoria Yearbook 2016

HCert (Sports Science) Option: Education (10120002)

Duration of study 2 years

Total credits 130

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Programme information

This programme will be an extended programme allowing the student to complete the programme in two years. The programme provides a basis for knowledge and skills development to improve athlete performance by means of physical assessment, exercise and conditioning prescription, and research. It aims to develop coaches who can function successfully in an interdisciplinary environment in order to improve athletes' and sports teams' performances using the latest techniques and research. It will therefore strive towards internationally recognised academic excellence, but with local relevance. The programme will create an ideal learning environment incorporating lectures, tutorials, practical sessions, and problem solving. Students will receive teaching and training by leaders in the field of Sports Science and coaching. Students will get the opportunity to work with various sporting codes and athletes of various skill levels. Upon completion, it will provide students wanting to further their studies with the opportunity to apply for the BA (Sports and Leisure Studies), Option: Sports Coaching Sciences in the Faculty of Humanities, or the BEd degree in the Faculty of Education.

Other programme-specific information

*Students who are deemed to be at risk of their level of academic literacy are compelled to take ALL 110 and ALL 125.

Students who are deemed NOT to be at risk of their level of academic literacy are compelled to take language modules to the value of 12 credits from the list of language modules.



Curriculum: Final year

Minimum credits: 118

Fundamental modules

- Academic information management 101 (AIM 101) - Credits: 6.00
- Academic literacy 110 (ALL 110) - Credits: 6.00
- Academic literacy for Humanities 125 (ALL 125) - Credits: 6.00
- Academic orientation 110 (UPO 110) - Credits: 0.00

Core modules

- Exercise and training principles 151 (EXE 151) - Credits: 6.00
- Fundamental nutrition 152 (EXE 152) - Credits: 6.00
- Sports injuries (I) 153 (EXE 153) - Credits: 6.00
- Motor learning and development 159 (EXE 159) - Credits: 6.00
- Sports practical (Basic) 151 (PRC 151) - Credits: 16.00
- Fundamental anatomy 151 (SMC 151) - Credits: 6.00
- Fundamental physiology 152 (SMC 152) - Credits: 6.00
- Fundamental biomechanics 153 (SMC 153) - Credits: 6.00
- Foundations of recreation and sports management 110 (SRM 110) - Credits: 12.00
- Life orientation 111 (JLO 111) - Credits: 12.00
- Life orientation 121 (JLO 121) - Credits: 12.00
- Human movement studies and sport management 114 (JMB 114) - Credits: 8.00
- Human movement studies and sport management 115 (JMB 115) - Credits: 8.00
- Human movement studies and sport management 125 (JMB 125) - Credits: 8.00
- Human movement studies and sport management 126 (JMB 126) - Credits: 8.00

Elective modules

- Afrikaans 110 (AFR 110) - Credits: 12.00
- Afrikaans 120 (AFR 120) - Credits: 12.00
- German: Cultural-professional (1) 113 (DTS 113) - Credits: 12.00
- German: Cultural-professional (2) 123 (DTS 123) - Credits: 12.00
- English 110 (ENG 110) - Credits: 12.00
- English 120 (ENG 120) - Credits: 12.00
- French: Cultural-professional (1) 113 (FRN 113) - Credits: 12.00
- French: Cultural-professional (2) 123 (FRN 123) - Credits: 12.00
- History 110 (GES 110) - Credits: 12.00
- History 120 (GES 120) - Credits: 12.00
- Aspects of human geography 156 (GGY 156) - Credits: 8.00
- Southern African geomorphology 166 (GGY 166) - Credits: 8.00
- Psychology 110 (SLK 110) - Credits: 12.00
- Psychology 120 (SLK 120) - Credits: 12.00
- Precalculus 133 (WTW 133) - Credits: 8.00
- Calculus 143 (WTW 143) - Credits: 8.00

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.