



Make today matter



The purpose of the fully online Higher Certificate in Sports Sciences is to develop coaches who can function successfully in an interdisciplinary environment to improve athletes' and sports teams' performances using the latest techniques. The qualification also serves to provide students with the basic introductory knowledge, cognitive and conceptual tools, and practical techniques for higher education studies in sports sciences. It emphasises selected general principles together with more specific procedures and their application.

On completion of this qualification, students will have knowledge, skills and values related to the scope of physical education and sports coaching required to develop sporting codes for extramural programmes. This will prepare students for employment as trainers and coaches in various sporting codes, in the private and public sectors in the context of community sports clubs, school sports and sports coaching.



Benefits of studying online

- Guided learning in the comfort of your home.
- Pay as you progress
- Begin during any one of the six starts during the year
- Quality, accredited University of Pretoria education



What makes this programme unique?

The Higher Certificate in Sports Sciences is accessible to anybody with an interest in sports. This programme allows professional athletes, administrators, and school or club coaches the opportunity to complete a qualification to equip them for the job. It also provides students who want to pursue a qualification beyond a Higher Certificate with a pathway to do so.



Overview of the programme

- 11 Modules
- Module duration: 8 weeks (7 weeks of study, 1 week recess)
- Programme duration: 2 years

When starting this programme, a student will need to pay for two modules, the second being the Sports Practical module that runs concurrently with the first six modules of the programme. From the second module start onwards, a student will only pay for one 8-week module at a time as they progress.

You will learn:

- To organise and manage school and club sports events
- Skills and values related to physical education and sports coaching
- How to develop sporting codes and extramural programmes
- The knowledge to be employed as a trainer and coach in various sporting codes
- Expertise to participate in private and public sporting codes
- Proficient coaching skills in community, club, and school sports



Structure of programme

Core modules

- Sports and physical education management 118
- Human motor skills development 119
- Basic human anatomy and physiology 128
- Foundations of recreation 118
- Sports injuries 180
- Fundamental nutrition 181
- Exercise and training principles 190
- Coaching professionalism 180
- Literacies in education 180
- Personal development and life skills training 180
- Sports Practical 180

Minimum admission requirements

Programmes	Minimum requirements for NSC/IEB for 2026	
	Achievement level	APS
	English Home Language or English First Additional Language	
Higher Certificate in Sports Sciences [2 years]	4	20

This is an online programme. Students must have access, at least on a part-time basis, to schools, sports clubs and/or accredited training facilities which are suitable for the proposed field of specialisation.

Careers: This programme will prepare students for employment as trainers and coaches in various sporting codes, in the private and public sectors in the context of community sports clubs, school sports and sports coaching

Contact information

Admission enquiries | **Call Centre** +27 (0)12 420 5546/5615 | **Email** obj101908@up.ac.za



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Refer to the International undergraduate prospectus at www.up.ac.za/programmes > Undergraduate > Admission Information or [click here](#) for more information.

- The closing date for applications for programmes in this faculty is 30 June.
- Meeting the minimum admission requirements does not guarantee admission into a programme.

FACULTY OF EDUCATION Programmes	Minimum requirements for 2026									
	Achievement level									
	Compulsory subjects	GCSE #		HIGCSE NSSC HL	AS Level	A Level	IB		KOMBI ABITUR	KCSE
		The qualifications in the two columns below will be considered only for conditional admission. If final AS and/or A levels have been completed, these two columns will not apply. It can also not be used for final admission and/or registration.			GCE CIE NSSC AS	GCE CIE CGCE UACE WAEC ZGCE	IB SL	IB HL		
		CIE	UK							
IGCSE LGCSE BGCSE EGCSE O Level NSSC OL CGCE UCE NECO WAEC WASSCE ZGCE		England Wales Northern Ireland Pearson Edexcel GCSE								
Bachelor of Education in Early Childhood Care and Education	English	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Education in Foundation Phase Teaching [Grade R to Grade 3]										
Bachelor of Education in Intermediate Phase Teaching [Grades 4 to 6]										
Bachelor of Education in Senior Phase and Further Education and Training Teaching [Grades 7 to 12]—General										
Bachelor of Education in Senior Phase and Further Education and Training Teaching [Grades 7 to 12]—Physical Sciences or Life Sciences option	English Mathematics Physics Chemistry or Biology*	D C C C	3 4 4 4	3 3 3 3	D C C C	E E E E	2 4 4 4	2 3 3 3	50-59% 60-69% 60-69% 60-69%	C+ B B B
Higher Certificate in Sports Sciences [1 year]	English	D	3	3	D	E	2	2	50-59%	C+
Higher Certificate in Sports Sciences** [2 years]	English	D	3	3	D	E	2	2	50-59%	C+

Only English with at least a C symbol on this level can be considered for final admission.

* Offer both PHYSICS and CHEMISTRY or BIOLOGY and another subject on A Level or AS Level

** The Higher Certificate in Sports Sciences programme is a part-time online programme.