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The Bachelor of Sports Science degree provides a comprehensive education in exercise science, focusing on its application in sports, wellness, and health. It draws on many disciplines, including anatomy, physiology, biomechanics, motor control and development, measurement and evaluation and evidence-based exercise prescription. Thus, if you are interested in sport, exercise, physical activity, human movement and the science behind it all, then this is the degree for you.



### What does the programme entail?

The three-year, full-time Bachelor of Sports Science programme includes basic and applied sciences focused on the human body and human movement. The curriculum is designed to be problem-based and student-oriented, featuring both vertical and horizontal integration of subjects. Its primary aim is to equip students for careers in the health, wellness, and sports sectors. The programme provides a pathway towards a Bachelor of Science Honours in Biokinetics or Sport Science.



### Who is the ideal candidate?

Ideal candidates are those who are passionate about sport and exercise science. Candidates should be interested in the science and application of human movement, health and wellness.



### What makes this programme unique?

This programme is unique because it prepares and allows students to apply for one of two postgraduate professional degree programmes, namely Bachelor of Science Honours in Biokinetics (HPCSA accredited) or Bachelor of Science Honours in Sport Science. Another unique quality of this programme is that it exposes students to the practical application of the theoretical knowledge gained early on in the programme through the involvement in the various sport codes and gymnasium practicals.



### Which companies employ our graduates?

Companies in the health and fitness industry, commercial and privately-owned gymnasiums, medical, and pharmaceutical companies.



### Career opportunities

This study programme prepares students to work in the health, fitness, wellness and sporting environments. It is a prerequisite for admission to the Bachelor of Science Honours programmes in Sport Science or Biokinetics. After completing the Bachelor of Sports Science degree, students can apply for the Bachelor of Science Honours in Biokinetics or Sport Science, which is strongly recommended for those who want to pursue careers as sports scientists or biokineticists. Sports scientists can work in sport physiology, sport biomechanics or as strength and conditioning professionals for teams or individual athletes. Sports scientists can also work in sport performance, where they could advance into management roles, or in other sports-related industries from development to professional level. Biokineticists can work in the health and wellness industry, private practice, multidisciplinary medical centres, final-phase rehabilitation centres, homes for the elderly, the South African Armed Forces and the corporate sector. Both sports scientists and biokineticists can also work in the fitness industry as personal trainers, health and fitness instructors, exercise scientists, or gymnasium managers/owners. Students who pursue further postgraduate studies could also consider careers in academia or research.



### Structure of the programme

This three-year full-time Bachelor of Sports Science programme includes basic and applied sciences of the human body and serves as a pathway towards a Bachelor of Science Honours in Biokinetics or a Bachelor of Science Honours in Sport Science. A fixed curriculum is followed in both the Bachelor of Sports Science and the Bachelor of Science Honours in Biokinetics or a Bachelor of Science Honours in Sport Science programmes.

The Bachelor of Sports Science programme consists of 11, 10 and 8 core modules in the first, second and third year of the Bachelor of Sports Science programme, respectively. MSc and PhD programmes are research-based and include Master of Science specialising in Sport Science [Options: 1. Biokinetics 2. Biomechanics], and a Doctor of Philosophy specialising in Sport Science [Options: 1. Biokinetics 2. Biomechanics].



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## Faculty of Health Sciences

Fakulteit Gesondheidswetenskappe  
Lefapha la Disaense tša Maphelo

## Bachelor of Sports Science

(continued)



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'My journey to pursuing a Bachelor of Science in Sports Science began in 2020 during the COVID-19 lockdown. I was taking a gap year at the time, so when the lockdown started, I found myself with no work to do. To fill my time, I turned to my love for sports, taking on multiple fitness challenges and spending countless hours watching health and fitness YouTube videos. A few months in, I realised that my passion didn't lie in finances; instead, I needed to find a degree that aligned with my love for health and sports. Throughout the three-year degree, we were equipped with the skills to design science-based exercise programmes for both athletes and non-athletes. The curriculum placed a strong emphasis on anatomy, exercise physiology, biomechanical analysis of movement patterns, and injury prevention. This ensured that we had a solid foundation to build upon for those who wished to pursue postgraduate studies in the sports science and biokinetics honours programmes. We were given opportunities to practically apply our knowledge by performing fitness testing batteries and designing programmes for our peers. During our final year, we had the chance to shadow sports scientists and biokineticists at the University of Pretoria's Sport, Exercise Medicine and Lifestyle Institute. This invaluable experience guided me in deciding to pursue my honours in biokinetics in 2024.'

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**Jenna Mills** – Bachelor of Science Honours in Biokinetics



'Pursuing a degree in sports science at the University of Pretoria was a dream come true for me, as I have always been passionate about sports and working with athletic teams. My journey at the University of Pretoria's Department of Biokinetics and Sports Science has been incredibly fulfilling. The undergraduate programme (Bachelor of Sports Science) offers a diverse range of subjects, providing a blend of theoretical knowledge and practical experience. This combination has given me a comprehensive understanding of the field. The hands-on practical sessions and access to state-of-the-art facilities have been crucial in teaching me to apply theoretical concepts to real-world scenarios and enhancing my learning experience. I am currently pursuing an honours degree in sport science, building on the solid foundation laid during my undergraduate studies. The knowledge and skills gained during my undergraduate studies have seamlessly transitioned into my current studies, allowing me to delve deeper into specialised areas of interest. My ultimate goal is to work with adolescent sports teams, focusing on improving their performance outcomes and maximising their athletic potential.'

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**Khanya Christine Jack** – Bachelor of Science Honours in Sport Science

### Minimum admission requirements

Programme	Minimum requirements for NSC and IEB for 2026			
	Achievement level			APS
	English Home Language or English First Additional Language	Mathematics	Physical Sciences or Life Sciences	
<b>School of Medicine</b>				
<b>Bachelor of Sports Science</b> [3 years]	4	4	4	30

For advice on a second-choice programme, please consult a Student Advisor. To make an appointment, send an email to [carol.bosch@up.ac.za](mailto:carol.bosch@up.ac.za).

Selection is based on a candidates' final Grade 11 examination results.

**Careers:** This course prepares students to work competently in the health, wellness and sporting environment. It is a prerequisite for admission to the Bachelor of Science Honours in Sport Science or Bachelor of Science Honours in Biokinetics.

**Email** [healthsciences@up.ac.za](mailto:healthsciences@up.ac.za)





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## Faculty of Health Sciences

Fakulteit Gesondheidswetenskappe  
Lefapha la Disaense tša Maphelo

Minimum requirements for  
applicants with a school  
leaving certificate not issued  
by Umalusi (South Africa)



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Refer to the International undergraduate prospectus at [www.up.ac.za/programmes](http://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 HEALTH SCIENCES 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	GCE CIE NSSC OL CGCE UCE NECO WAEC WASSCE ZGCE								
Bachelor of Dental Surgery	English	C	4	3	C	E	4	3	60-69%	B
Bachelor of Medicine and Surgery** [Also referred to as MBChB]	Mathematics	B	5	2	B	D	5	4	70-79%	B+
	Physics	C	4	3	C	E	4	3	60-69%	B
	Chemistry	C	4	3	C	E	4	3	60-69%	B
Bachelor of Oral Hygiene										
Bachelor of Occupational Therapy	English	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Physiotherapy	Mathematics	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Radiography in Diagnostics	Physics	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Dietetics	Chemistry	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Sports Science	English	D	3	3	D	E	2	2	50-59%	C+
	Mathematics	D	3	3	D	E	2	2	50-59%	C+
	Physics/ Chemistry	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Clinical Medical Practice [Also referred to as BCMP]	combination or Biology*	D	3	3	D	E	2	2	50-59%	C+
Bachelor of Nursing Science	English	D	3	3	D	E	2	2	50-59%	C+
	Mathematics	D	3	3	D	E	2	2	50-59%	C+
	Biology	D	3	3	D	E	2	2	50-59%	C+

# English must be on the A and/or AS Level for final admission before registration.

\* A PHYSICS/CHEMISTRY combination, or BIOLOGY and another subject on the A or AS Level

\*\* Applicants who are not South African citizens and come from countries that have medical schools will not be considered for placement in the Bachelor of Medicine and Surgery programme [also referred to as MBChB], except where intergovernmental agreements are in place.