



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

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JuniorTukkie

Career focus

2023 study year

Faculty of Health Sciences

Bachelor of Sports Science (BSportSci)

The BSportSci degree offers students with the opportunity to learn and apply the principles of exercise science within the realms of sport and wellness. It draws on many disciplines, including anatomy, physiology, biomechanics, motor control and development, measurement and evaluation as well as evidence-based exercise prescription. Thus, if you are interested in sport, 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 BSportSci programme includes basic and applied sciences focused on the human body and human movement. The curriculum is problem-based and student-oriented with vertical and horizontal integration of subjects.

The primary focus of the BSportSci curriculum is to prepare students to work competently in the health, wellness and sporting environment. The programme provides a pathway towards a BScHons in Biokinetics or Sports Science.

Who is the ideal candidate?



Candidates are passionate about the science and application of human movement, health and wellness, and sport and exercise science.

What makes this programme unique?



This programme is unique because it prepares and allows students to apply for one of two professional degree programmes, namely BScHons in Biokinetics or Sports 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. The programme is HPCSA accredited.

Structure of the programme



This three-year full-time BSportSci programme includes basic and applied sciences of the human body and provides a pathway towards a BScHons (Biokinetics) or a BScHons (Sports Science).

A fixed curriculum is followed in both the BSportSci and the BScHons (Biokinetics) or a BScHons (Sports Science) programmes.

The BSportSci programme consists of 11, 10 and 8 core modules in the first, second and third year of the BSportSci programme.

MSc and PhD programmes are research-based and include an MSc in Biokinetics, MSc in Sports Science and MSc in Biomechanics, and a PhD in Biokinetics, PhD in Sports Science and PhD in Biomechanics.

Career opportunities



This course prepares students to work competently in the health, wellness and sporting environment. It is a prerequisite for admission to the BScHons programme in Sports Science or Biokinetics.

After completing the BSportSci degree, students may apply to continue with the BScHons in Biokinetics or Sports Science, which is strongly recommended for those who want to pursue careers as sports scientists or biokineticists.

Sports scientists can work as strength and conditioning specialists for both team and individual athletes, sports managers, or other sports-related professionals in the sports industry. 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.



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ISBN 978-1-86854-802-6

Which companies employ our graduates?



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



'When I first started studying this degree, I wanted to teach people to think about exercise the way I saw it: as a celebration of what your body can do, and not something that should be used to punish yourself for overeating.'

I am lucky to have been blessed with lecturers who cared so much about me and my success in this degree and enabled me to achieve this goal and so much more.

This degree, while challenging, has taught me so much more than I could ever have imagined and has enabled me to grow so much as a person. I am truly grateful that I chose to study Sports Science, and I am excited to pursue my career in the field of biokinetics.'

Faatimah Noormahomed

(Currently completing BScHons in Biokinetics after completing the three-year BSportSci degree in 2020).



'Doing a degree in sports science at UP was one of the best decisions I have made. I have always been passionate about helping people achieve their best; exercise happens to be one of the easiest and most enjoyable ways to do that and still connect with

people. I thought I had to be an amazing all-star athlete to study a degree based on sports, but that is not the case at all.

The BSportSci degree showed me that the opportunities in the sporting world are limitless; there is so much more to it than just becoming a coach. I found it most interesting to learn about the effects of exercise on physiology and how much time, and effort actually goes into creating a training programme. All the lecturers are so supportive and willing to help, and the university in general, no student gets left behind.

The best part of it all? Having an entire campus dedicated to sports that we get to utilise on a daily basis. I have gained so much knowledge and grown as a person while I completed the degree; it was a fantastic experience that I will always look back on.'

Susanna Ama

(Currently completing BScHons in Sports Science after completing the three-year BSportSci degree in 2020).

Minimum admission requirements

Programmes	Minimum requirements for NSC and IEB for 2023			
	Achievement level			APS
	English Home Language or English First Additional Language	Mathematics	Physical Sciences	
Bachelor of Sports Science (BSportSci) [3 years] Closing date: 30 June	4	4	Physical Sciences or Life Sciences 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.

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

Careers: This programme prepares students to work competently in the health, wellness and sporting environment. It is a prerequisite for admission to the BScHons programme in Sports Science or Biokinetics.

Minimum admission requirements for qualifications other than the NSC/IEB

For qualifications not indicated in the table below, refer to the conversion table in the brochure:

2023 Undergraduate programme information - Qualifications other than the National Senior Certificate (NSC) and Independent Examination Board (IEB) at www.up.ac.za/programmes > Undergraduate > Admission information

Programme	Minimum requirements for 2023									
	Achievement level									
	Compulsory subjects	IGCSE/ LGCSE/ BGCSE/ SGCSE/ GCSE/ NSSC OL/ O Level = Gr 11*	AS Level	IB SL	IB HL	HIGCSE/ NSSC HL	KOMBI ABITUR	CGCE UCE/ NECO/ WAEC/ ZIMSEC O Level = Gr 11#	CGCE UACE/ WAEC/ ZIMSEC A Level	KCSE
Bachelor of Sports Science (BSportSci)	English Mathematics Physics/ Chemistry combination or Biology*	D D D D	D D D D	2 2 2 2	2 2 2 2	3 3 3 3	50-59% 50-59% 50-59% 50-59%	D D D D	E E E E	B B B B

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

This level cannot be used for final admission alone. The compulsory subject requirements as indicated in the above table must be on A Level and/or AS Level for final admission before registration. Provisional selection is based on six IGCSE subjects. Final admission is based on two IGCSE and four A Level or AS Level subjects. The compulsory subjects as indicated in the above table, must be on A Level or AS Level.