

Higher Certificate in Sports Sciences

The Higher Certificate in Sports Sciences aims to develop sports coaches and administrators who can function successfully in an interdisciplinary environment.

The qualification aims to equip students with applied competencies required to work within education settings to provide physical education through sports programmes and promote principles of good management in sport to improve athletes' and sports teams' performances.

The qualification further provides students with basic introductory knowledge and cognitive and conceptual tools, and practical techniques required for higher education studies in sports sciences and education.



Structure of programme



Core modules

- Life Orientation 150 (JLO 150)
- Literacies in education 150 (JLZ 150)
- Literacies in education 151 (JLZ 151)
- Human movement studies and sport management 114 (JMB 114)
- Human movement studies and sport management 116 (JMB 116)
- Human movement studies and sport management 125 (JMB 125)
- Sports practical (JRC 150)
- Foundations of recreation and sports management 111 (JRM 111)
- Sports injuries 141 (JXE 141)
- Fundamental nutrition 143 (JXE 143)
- Exercise and training principles 151 (JXE 151)
- Coaching professionalism 151 (JXP 151)
- Exercise and training principles 151 (JXE 151)

Who is the ideal candidate?



The ideal candidate has a certificate that the University deems to be equivalent to the National Senior Certificate with an APS of 20.

Students who excel in this programme are passionate about sport and physical education. Student-athletes and professional sportspeople who want to further their studies while competing in sporting events.

Career opportunities



Upon completing this qualification, students will have knowledge, skills and values related to the scope of physical education, sports coaching and sport management 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 sport and sport coaching.

What makes this programme unique?



Many young people with proven sports talents and the ability to learn at an advanced level who do not meet the entry requirements for study at Diploma or Degree level develop those talents into learning and career pathways. Very few schools in South Africa have qualified sports teachers. The Higher Certificate is needed to provide an entry point into higher education training as the first step to possible career pathways in sports coaching, administration or teaching.

Minimum admission requirements

Programme	Minimum requirements for NSC and IEB for 2023	
	Achievement level	APS
	English Home Language or English First Additional Language	
Higher Certificate in Sports Science Education [1 year] Closing dates: SA – 30 September, Non-SA – 31 August Applications can be closed earlier if the institutional targets are met.	4	20
Selection process: <ul style="list-style-type: none"> Applicants who indicate the Higher Certificate in Sports Science Education as their first- or second-choice will be considered. All applicants will be considered by the Student Administration of the Faculty based on the academic admission requirements. Applicants who meet the academic requirements will then be further considered for the different sports codes in deliberation with TuksSport, according to their sports achievements. Students who have been nominated by an official sports club of the University will enjoy preference for selection. Applicants who only obtained an Admission to Diploma study's endorsement at the end of the final school-year, may be considered for admission to the BEd (Senior Phase and Further Education and Training Teaching) degree (09133031), with specialisation in the elective combination of Human Movement Studies and Sport Management, if they complete the Higher Certificate in Sports Science Education successfully with a cumulative weighted average of at least 60% (excluding JRC 150 Sports Practical). 		

Careers: Sports coaching, sports and exercise industry

Contact information

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