

# HIGHER CERTIFICATE IN SPORTS SCIENCE EDUCATION COMMUNITY PROJECT

MODULE: HCSSE – JRC 150

## Course description

The Higher Certificate in Sports Science Education (HCSSE) Community Project took place at the University of Pretoria's Groenkloof Campus on Friday 23 August 2019 from 13:00 to 17:00.

## Opportunity description

The target of the project was Grade 10 and 11 learners who are not just athletes that partake in different sports, but dedicated and focused young people that have a passion and love for sport and who would like to pursue a career in sport. The aim of the project was to give young people the opportunity to unlock their futures in a profession that they love and one that they are passionate about as well. The community project covered in-depth training on technical skills, tactical skills, and physical training techniques of various sporting codes. It also provided opportunity for learners to interact and learn fundamental sport skills in a fun environment.

The three sporting codes that were practised during the project were athletics, football and netball, and motivation and theory were discussed in class. A colleague from administration also introduced the National Student Financial Aid Scheme (NSFAS) bursary opportunities to the students. Seven

schools were in attendance and a total of 104 participants of which 58 were male and 46 female.

## Community challenge

The Sports Practical (JRC 150) serves as the foundation for observation and analysis of exercise delivery and assessment techniques at an introductory level. The practical training units in this course provide the student with exposure to exercise delivery techniques and also provide valuable experience in administrative duties of their selected sport. This will aid the student to better understand the physical demands and the administrative responsibilities for their selected sport. We will have this as an annual project and include more schools to enjoy the day with us.

## Impact

It was difficult to see an immediate impact after one day, however the HCSSE community project is a great initiative and gave the learners the opportunity to participate in sports, learn about funding and academic opportunities available at the University. The community project is aligned to the Higher Certificate in Sport Science Education Sports Practical module (JRC 150).

## Community partners

Schools

