

# University of Pretoria Yearbook 2016

## HCert (Sports Science) Option: Sports Coaching (10120001)

**Duration of study** 2 years

**Total credits** 130

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### Programme information

This programme will be an extended programme allowing the student to complete the programme in two years. The programme provides a basis for knowledge and skills development to improve athlete performance by means of physical assessment, exercise and conditioning prescription, and research. It aims to develop coaches who can function successfully in an interdisciplinary environment in order to improve athletes' and sports teams' performances using the latest techniques and research. It will therefore strive towards internationally recognised academic excellence, but with local relevance. The programme will create an ideal learning environment incorporating lectures, tutorials, practical sessions, and problem solving. Students will receive teaching and training by leaders in the field of Sports Science and coaching. Students will get the opportunity to work with various sporting codes and athletes of various skill levels. Upon completion, it will provide students wanting to further their studies with the opportunity to apply for the BA (Sports and Leisure Studies), Option: Sports Coaching Sciences in the Faculty of Humanities, or the BEd degree in the Faculty of Education.

### Other programme-specific information

\*Students who are deemed to be at risk of their level of academic literacy are compelled to take ALL 110 and ALL 125.

# Curriculum: Year 1

**Minimum credits: 118**

## Fundamental modules

### Exercise and training principles 151 (EXE 151)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 2

#### Module content

\*Closed – requires departmental selection

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

### Fundamental nutrition 152 (EXE 152)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 3

#### Module content

\*Closed – requires departmental selection

\*Offered by the Department of Human nutrition for the students in Biokinetics, Sport and Leisure sciences  
Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

### Sports injuries (I) 153 (EXE 153)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 1

#### Module content

\*Closed – requires departmental selection

Biomechanic factors, causes of injuries, soft-tissue injuries, first aid (RICE), massage, strapping and CPR.

## Motor learning and development 159 (EXE 159)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 4

### Module content

\*Closed – departmental selection required

A study, critique and analysis of human motor growth and development in regular populations. Growth, maturation, physical activity and performance of children and adolescents as they progress from birth to young adulthood are included.

## Sports practical (Basic) 151 (PRC 151)

<b>Module credits</b>	16.00
<b>Prerequisites</b>	Admission into relevant programme
<b>Contact time</b>	5 practicals per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Year

### Module content

\*Closed – requires departmental selection

Sport-specific skills, team situation; rules and regulations, refereeing; game analysis; coaching.

## Fundamental anatomy 151 (SMC 151)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 2

### Module content

\*Closed – requires departmental selection

Orientation and terminology, osseous tissue and skeletal structure, axial skeleton, appendicular skeleton, articulations, and cardiorespiratory system.

## Fundamental physiology 152 (SMC 152)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.



**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 1

**Module content**

\*Closed – requires departmental selection

The cell, bio-energy, muscle contraction, and respiration.

## **Fundamental biomechanics 153 (SMC 153)**

**Module credits** 6.00

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 4

**Module content**

\*Closed – requires departmental selection

This module focuses on the biomechanical principles involved in human movement and sport activities. It comprises the study and analysis of the forms of human movement, linear and angular kinematics and fluid mechanics.

## **Foundations of recreation and sports management 110 (SRM 110)**

**Module credits** 12.00

**Service modules** Faculty of Economic and Management Sciences  
Faculty of Health Sciences

**Contact time** 3 lectures per week

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 1

**Module content**

This module is a broad introduction to sport and recreation as products in the market. Students discover the nature of sport and recreation, the difference between the concepts and policies, plans, strategies and structures of sport and recreation in South Africa and Zone VI in Africa. The dynamic scope and nature of recreation and sports management are introduced and discussed. Emphasis is placed on basic management tasks and functions in sport and recreation contexts, interpersonal skills, leadership and control systems and techniques in sport and recreation. The module establishes a foundation of management knowledge and skills on which subsequent sport and recreation management modules are built.

## **Foundations of sports coaching sciences 110 (YCS 110)**

**Module credits** 12.00

<b>Service modules</b>	Faculty of Health Sciences
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

#### Module content

This module identifies, defines and examines the underlying theoretical dimensions and practical principles of scientific sports coaching to provide a platform for subsequent knowledge and application in sports coaching contexts.

### Teaching and learning in sport 120 (YCS 120)

**Module credits** 12.00

<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	YCS 110
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

#### Module content

This module builds on the fundamental principles of sports coaching. It focuses on the processes and techniques of learning and teaching of skills within a sports paradigm. Methodological techniques as implemented by the coach in teaching and learning of sports skills are identified, discussed and applied. In this module the student gets the opportunity to obtain a Level 0/1 Sports Coaching certificate in a sport of choice.

### Foundations of sport, exercise and performance psychology 110 (YSP 110)

**Module credits** 12.00

<b>Service modules</b>	Faculty of Health Sciences
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

#### Module content

In this module basic principles of sport, exercise and performance psychology are identified as basis for subsequent modules. Fundamental principles of motivation, activation, attention, personality and aggression and their role in sport, exercise and performance are identified, defined and discussed in diverse sport contexts.

## Psychology of sport coaching 120 (YSP 120)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	YSP 110
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

### Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.

## Academic information management 101 (AIM 101)

<b>Module credits</b>	6.00
<b>Service modules</b>	Faculty of Engineering, Built Environment and Information Technology Faculty of Education Faculty of Economic and Management Sciences Faculty of Humanities Faculty of Law Faculty of Health Sciences Faculty of Natural and Agricultural Sciences Faculty of Theology Faculty of Veterinary Science
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	Both Afr and Eng
<b>Academic organisation</b>	Information Science
<b>Period of presentation</b>	Semester 1

### Module content

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology. Apply effective search strategies in different technological environments. Demonstrate the ethical and fair use of information resources. Integrate 21st-century communications into the management of academic information.

## Academic literacy 110 (ALL 110)

<b>Module credits</b>	6.00
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<b>Service modules</b>	Faculty of Health Sciences Faculty of Theology
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	English
<b>Academic organisation</b>	Unit for Academic Literacy
<b>Period of presentation</b>	Semester 1

#### Module content

This module intends to equip students to cope more confidently and competently with the reading and understanding of a variety of texts, to apply these skills in a variety of contexts and to follow the conventions of academic writing.

### Academic literacy for Humanities 125 (ALL 125)

<b>Module credits</b>	6.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	English
<b>Academic organisation</b>	Unit for Academic Literacy
<b>Period of presentation</b>	Semester 2

#### Module content

This module equips students to understand and use a range of discipline-specific terminology; apply the strategies of critical and comprehensive reading to their own academic literacy; apply the conventions of academic writing to their own writing, using the process approach, to produce intelligible academic texts and use the correct referencing technique as required by the faculty.

### Academic orientation 110 (UPO 110)

<b>Module credits</b>	0.00
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Health Sciences Dean's Office
<b>Period of presentation</b>	Year

## Curriculum: Final year

**Minimum credits: 118**

### Fundamental modules

#### Academic information management 101 (AIM 101)

**Module credits** 6.00

**Service modules**

Faculty of Engineering, Built Environment and Information Technology  
Faculty of Education  
Faculty of Economic and Management Sciences  
Faculty of Humanities  
Faculty of Law  
Faculty of Health Sciences  
Faculty of Natural and Agricultural Sciences  
Faculty of Theology  
Faculty of Veterinary Science

**Prerequisites** No prerequisites.

**Contact time** 2 lectures per week

**Language of tuition** Both Afr and Eng

**Academic organisation** Information Science

**Period of presentation** Semester 1

**Module content**

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology. Apply effective search strategies in different technological environments. Demonstrate the ethical and fair use of information resources. Integrate 21st-century communications into the management of academic information.

#### Academic literacy 110 (ALL 110)

**Module credits** 6.00

**Service modules**

Faculty of Health Sciences  
Faculty of Theology

**Prerequisites** No prerequisites.

**Contact time** 2 lectures per week

**Language of tuition** English

**Academic organisation** Unit for Academic Literacy

**Period of presentation** Semester 1

**Module content**

This module intends to equip students to cope more confidently and competently with the reading and understanding of a variety of texts, to apply these skills in a variety of contexts and to follow the conventions of academic writing.





## Academic literacy for Humanities 125 (ALL 125)

<b>Module credits</b>	6.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	2 lectures per week
<b>Language of tuition</b>	English
<b>Academic organisation</b>	Unit for Academic Literacy
<b>Period of presentation</b>	Semester 2

### Module content

This module equips students to understand and use a range of discipline-specific terminology; apply the strategies of critical and comprehensive reading to their own academic literacy; apply the conventions of academic writing to their own writing, using the process approach, to produce intelligible academic texts and use the correct referencing technique as required by the faculty.

## Academic orientation 110 (UPO 110)

<b>Module credits</b>	0.00
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Health Sciences Dean's Office
<b>Period of presentation</b>	Year

## Core modules

### Exercise and training principles 151 (EXE 151)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Quarter 2

### Module content

\*Closed – requires departmental selection

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

### Fundamental nutrition 152 (EXE 152)

<b>Module credits</b>	6.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Double Medium



**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 3

**Module content**

\*Closed – requires departmental selection

\*Offered by the Department of Human nutrition for the students in Biokinetics, Sport and Leisure sciences  
Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

### Sports injuries (I) 153 (EXE 153)

**Module credits** 6.00

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 1

**Module content**

\*Closed – requires departmental selection

Biomechanic factors, causes of injuries, soft-tissue injuries, first aid (RICE), massage, strapping and CPR.

### Motor learning and development 159 (EXE 159)

**Module credits** 6.00

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 4

**Module content**

\*Closed – departmental selection required

A study, critique and analysis of human motor growth and development in regular populations. Growth, maturation, physical activity and performance of children and adolescents as they progress from birth to young adulthood are included.

### Sports practical (Basic) 151 (PRC 151)

**Module credits** 16.00

**Prerequisites** Admission into relevant programme

**Contact time** 5 practicals per week

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Year



## Module content

\*Closed – requires departmental selection

Sport-specific skills, team situation; rules and regulations, refereeing; game analysis; coaching.

## Fundamental anatomy 151 (SMC 151)

**Module credits** 6.00

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 2

## Module content

\*Closed – requires departmental selection

Orientation and terminology, osseous tissue and skeletal structure, axial skeleton, appendicular skeleton, articulations, and cardiorespiratory system.

## Fundamental physiology 152 (SMC 152)

**Module credits** 6.00

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 1

## Module content

\*Closed – requires departmental selection

The cell, bio-energy, muscle contraction, and respiration.

## Fundamental biomechanics 153 (SMC 153)

**Module credits** 6.00

**Prerequisites** No prerequisites.

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Quarter 4

## Module content

\*Closed – requires departmental selection

This module focuses on the biomechanical principles involved in human movement and sport activities. It comprises the study and analysis of the forms of human movement, linear and angular kinematics and fluid mechanics.

## Foundations of recreation and sports management 110 (SRM 110)

**Module credits** 12.00

**Service modules** Faculty of Economic and Management Sciences  
Faculty of Health Sciences

**Contact time** 3 lectures per week

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 1

### Module content

This module is a broad introduction to sport and recreation as products in the market. Students discover the nature of sport and recreation, the difference between the concepts and policies, plans, strategies and structures of sport and recreation in South Africa and Zone VI in Africa. The dynamic scope and nature of recreation and sports management are introduced and discussed. Emphasis is placed on basic management tasks and functions in sport and recreation contexts, interpersonal skills, leadership and control systems and techniques in sport and recreation. The module establishes a foundation of management knowledge and skills on which subsequent sport and recreation management modules are built.

## Foundations of sports coaching sciences 110 (YCS 110)

**Module credits** 12.00

**Service modules** Faculty of Health Sciences

**Contact time** 3 lectures per week

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 1

### Module content

This module identifies, defines and examines the underlying theoretical dimensions and practical principles of scientific sports coaching to provide a platform for subsequent knowledge and application in sports coaching contexts.

## Teaching and learning in sport 120 (YCS 120)

**Module credits** 12.00

**Service modules** Faculty of Health Sciences

**Prerequisites** YCS 110

**Contact time** 3 lectures per week

**Language of tuition** Double Medium

**Academic organisation** Sport and Leisure Studies

**Period of presentation** Semester 2

## Module content

This module builds on the fundamental principles of sports coaching. It focuses on the processes and techniques of learning and teaching of skills within a sports paradigm. Methodological techniques as implemented by the coach in teaching and learning of sports skills are identified, discussed and applied. In this module the student gets the opportunity to obtain a Level 0/1 Sports Coaching certificate in a sport of choice.

## Foundations of sport, exercise and performance psychology 110 (YSP 110)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 1

## Module content

In this module basic principles of sport, exercise and performance psychology are identified as basis for subsequent modules. Fundamental principles of motivation, activation, attention, personality and aggression and their role in sport, exercise and performance are identified, defined and discussed in diverse sport contexts.

## Psychology of sport coaching 120 (YSP 120)

<b>Module credits</b>	12.00
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	YSP 110
<b>Contact time</b>	3 lectures per week
<b>Language of tuition</b>	Double Medium
<b>Academic organisation</b>	Sport and Leisure Studies
<b>Period of presentation</b>	Semester 2

## Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.