University of Pretoria Yearbook 2016

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

Duration of study	2 years
Total credits	130
Contact	Dr F Rossouw france.rossouw@up.ac.za +27 (0)124206116

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) - Credits: 6.00
Fundamental nutrition 152 (EXE 152) - Credits: 6.00
Sports injuries (I) 153 (EXE 153) - Credits: 6.00
Motor learning and development 159 (EXE 159) - Credits: 6.00
Sports practical (Basic) 151 (PRC 151) - Credits: 16.00
Fundamental anatomy 151 (SMC 151) - Credits: 6.00
Fundamental physiology 152 (SMC 152) - Credits: 6.00
Fundamental biomechanics 153 (SMC 153) - Credits: 6.00
Foundations of recreation and sports management 110 (SRM 110) - Credits: 12.00
Foundations of sports coaching sciences 110 (YCS 110) - Credits: 12.00
Teaching and learning in sport 120 (YCS 120) - Credits: 12.00
Foundations of sport, exercise and performance psychology 110 (YSP 110) - Credits: 12.00
Psychology of sport coaching 120 (YSP 120) - Credits: 12.00
Academic information management 101 (AIM 101) - Credits: 6.00
Academic literacy 110 (ALL 110) - Credits: 6.00
Academic literacy for Humanities 125 (ALL 125) - Credits: 6.00
Academic orientation 110 (UPO 110) - Credits: 0.00

Curriculum: Final year

Minimum credits: 118

Fundamental modules

Academic information management 101 (AIM 101) - Credits: 6.00
Academic literacy 110 (ALL 110) - Credits: 6.00
Academic literacy for Humanities 125 (ALL 125) - Credits: 6.00
Academic orientation 110 (UPO 110) - Credits: 0.00

Core modules

Exercise and training principles 151 (EXE 151) - Credits: 6.00
Fundamental nutrition 152 (EXE 152) - Credits: 6.00
Sports injuries (I) 153 (EXE 153) - Credits: 6.00
Motor learning and development 159 (EXE 159) - Credits: 6.00
Sports practical (Basic) 151 (PRC 151) - Credits: 16.00
Fundamental anatomy 151 (SMC 151) - Credits: 6.00
Fundamental physiology 152 (SMC 152) - Credits: 6.00
Fundamental biomechanics 153 (SMC 153) - Credits: 6.00
Foundations of recreation and sports management 110 (SRM 110) - Credits: 12.00
Foundations of sports coaching sciences 110 (YCS 110) - Credits: 12.00
Teaching and learning in sport 120 (YCS 120) - Credits: 12.00
Foundations of sport, exercise and performance psychology 110 (YSP 110) - Credits: 12.00
Psychology of sport coaching 120 (YSP 120) - Credits: 12.00

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.