

University of Pretoria Yearbook 2017

Sports injuries 141 (EXE 141)

Qualification Undergraduate

Faculty [Faculty of Health Sciences](#)

Module credits 6.00

Programmes [HCert Sports Science Education](#)
[HCert Sports Science Sports Coaching](#)

Contact time 3 lectures per week

Language of tuition Afrikaans and English is used in one class

Academic organisation Biokinetics and Sports Science

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.

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