



University of Pretoria Yearbook 2018

Higher Certificate Sport Science Education (09110001)

Minimum duration of study 1 year

Total credits 122

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Programme information

This 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 BEd degree in the Faculty of Education, provided that a student is in possession of an NSC and complies with the minimum requirements for admission to a bachelor's degree.

Admission requirements

- The following persons will be considered for admission: a candidate who is in possession of a certificate that is deemed by the University to be equivalent to the required Grade 12 certificate with university or diploma endorsement; a candidate who is a graduate from another tertiary institution or has been granted the status of a graduate of such an institution; and a candidate who is a graduate of another faculty at the University of Pretoria.
- Life Orientation is excluded in the calculation of the APS.
- For selection purposes the sum of the results in six subjects, including English, is calculated.
- Grade 11 final examination results will be used for the provisional admission of prospective students.
- Applicants who indicate Higher Certificate in Sports Science as first or second choice will be considered.
- All applicants will be considered by the Student Administration of the Faculty based on the admission requirements.
- Applicants that meet the academic requirements, will then be further considered in collaboration with TuksSport for the different Sports Codes according to their sport achievements.
- Selection is based on Grade 11 results and Grade 12 sporting achievements. Please take note that places for the Higher Certificate in Sports Science are preferentially offered to applicants who are nominated by one of the official UP sports clubs.



Minimum requirements

Achievement level

English Home Language or English

First Additional Language

APS

NSC/IEB

AS Level

4

D

20

* Cambridge A level candidates who obtained at least a D in the required subjects, will be considered for admission. International Baccalaureate (IB) HL candidates who obtained at least a 4 in the required subjects, will be considered for admission.



Curriculum: Final year

Minimum credits: 120

Fundamental modules

Academic orientation 109 (UPO 109)

Module credits 0.00

Language of tuition Afrikaans and English are used in one class

Department Education Deans Office

Period of presentation Year

Core modules

Life orientation 150 (JLO 150)

Module credits 12.00

Prerequisites Admission to the relevant programme.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Early Childhood Education

Period of presentation Semester 1

Module content

The main focus of this module is on personal development and therefore the question: "Who am I?" is posed. The content is designed to focus on the student as individual and on the various factors that influence individual development. Students are guided to develop relevant knowledge, intrapersonal skills and attitudes to display resilient behaviour.

Literacies in education 150 (JLZ 150)

Module credits 6.00

Prerequisites Admission to the relevant programme.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Semester 2

Module content

The module focuses on producing academic texts. Students learn how to use different modes of writing, including description, discussion, cause and effect, explanation and argumentation. They learn how to plan, write and edit an academic essay using a process approach. Specific attention is paid to engaging with other authors, and referencing appropriately. The module also pays attention to formatting academic work and representing verbal information visually.



Literacies in education 151 (JLZ 151)

Module credits	6.00
Prerequisites	Afrikaans Home Language 50% or English Home Language 50% OR English 1st Add Language 60% Admission to the relevant programme.
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Semester 2

Module content

The module focuses on producing academic texts. Students learn how to use different modes of writing, including description, discussion, cause and effect, explanation and argumentation. They learn how to plan, write and edit an academic essay, using a process approach. Specific attention is paid to engaging with other authors, and referencing appropriately. The module also pays attention to formatting academic work and representing verbal information visually. Additional support is provided through practical tasks and discussions.

Human movement studies and sport management 114 (JMB 114)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	Afrikaans and English are used in one class
Department	Humanities Education
Period of presentation	Semester 1

Module content

The purposes of physical activities as well as theories and philosophies of movement are studied. In addition, the coaching of young athletes and the challenges facing the teacher as coach receive attention. The importance of planning as the first phase of sports management is emphasised.

Human movement studies and sport management 116 (JMB 116)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	Sport code dependent
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Semester 1

Module content

In this module the student is required to master and apply own sport code techniques. Attention is also paid to motor skill development and games in the school context.



Human movement studies and sport management 125 (JMB 125)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	Afrikaans and English are used in one class
Department	Humanities Education
Period of presentation	Semester 2

Module content

In this module students are introduced to the structure and functions of systems in the human body. The skeletal system and the muscular system receive primary attention. Additionally, students acquire knowledge and skills in management – particularly organizational skills in the sports context.

Sports practical (Basic) 150 (JRC 150)

Module credits	32.00
Contact time	5 practicals per week
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Year

Module content

*Closed – requires departmental selection

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

Foundations of recreation and sports management 111 (JRM 111)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	3 lectures per week, Online hybrid supported
Language of tuition	Module is presented in English
Department	Humanities Education
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.



Sport injuries 141 (JXE 141)

Module credits	10.00
Prerequisites	No prerequisites.
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Year

Module content

Bio-mechanic factors, causes of injuries, soft-tissue injuries, podiatry, first aid, massage, strapping and CPR. Supervised practice of 20 hours.

Fundamental nutrition 143 (JXE 143)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	3 lectures per week, Online hybrid supported
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Quarter 2

Module content

Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

Exercise and training principles 151 (JXE 151)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	Online hybrid supported, Sport code dependent
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Quarter 1 or 2 or 3 or 4

Module content

This module is about coaching and adjudication. The student must obtain a Level 1 Sport Coaching, and Refereeing Certificate, in the sport of choice. The student must obtain a conditioning programme as well as a grounds man practical achievement.

Coaching professionalism 151 (JXP 151)

Module credits	8.00
Prerequisites	No prerequisites.
Contact time	3 practicals per week, Online hybrid supported



Language of tuition	Module is presented in English
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Department	Humanities Education
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Period of presentation	Quarter 1 or 2 or 3 or 4
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Module content

Development of coaching strategies informed by coaching philosophies to prepare for life; especially for self-autonomy and to become responsible citizens in democratic South Africa. The aim of this intervention is to equip every coach to exercise coaching the “complete” athlete; on the sports field, during practice sessions and competitions and beyond for life.

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.