

University of Pretoria Yearbook 2021

BSportSci (10135010)

Department Biokinetics and Sports Science

Minimum duration of study 3 years

Total credits 409

NQF level 07

Programme information

This three-year full-time BSportSci programme includes basic and applied sciences of the human body and provides a pathway towards a BScHons (Biokinetics) or a BScHons (Sports Science). Qualified BSc (Sports Science) students may also either apply for the Postgraduate Certificate in Education or start working in the sporting industry.

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 National Senior Certificate (NSC) with university endorsement; a candidate who is a graduate from another tertiary institution or has been granted the status of a graduate of such an institution; a candidate who is a graduate of another Faculty at the University of Pretoria; and a candidate who is currently studying at a university.
- Admission to Health Sciences programmes is subject to a selection process.
- Grade 11 final examination results will be used for the conditional selection of prospective students.
- For selection purposes, the sum of the results in six subjects, including English, Mathematics and Physical Sciences or Life Sciences, is calculated.
- Life Orientation is excluded in the calculation of the Admission Point Score (APS).
- **Candidates should note that their conditional admission will be revoked if their APS drops by more than two points in their final school examination results.**
- PLEASE NOTE that compliance with the minimum admission requirements does not guarantee admission to any programme in this Faculty.
- Selection queries may be directed to [click here](#)
- A student who is made an offer but does not accept it cannot defer the offer and must reapply to be considered in the following year.

Transferring students (university experience)

- The applications of students who are studying towards a tertiary qualification or have obtained a tertiary qualification must meet the following requirements regarding school subjects and performance levels: They must be in possession of an NSC for degree studies/full exemption certificate and must have attained a performance level of 5 (or 50% HG if completed prior to 2009) for Mathematics and Physical Sciences (or Life Sciences, if required).
- If the subjects were not passed in Grade 12, the equivalent subjects (Physics, Chemistry and Mathematics)

must be completed at the tertiary level. University students do not have to submit any non-academic performance record or CV. In their case selection is based on the results attained in the qualification(s) previously completed, ie they will be considered on the basis of their results achieved in higher education.

- The completion of only a three-year diploma or certificate is not considered as university experience, but will be considered in the school-leaver category and admission will be based on the applicant's Grade 12 results.

Qualifications from countries other than South Africa

- A limited number of places are made available to citizens from countries other than South Africa, with those from SADC countries being given preference. Permanent residents of RSA are not categorised as foreign students. Applications from citizens from countries other than South Africa may also be considered if they are:
 - citizens or permanent residents of countries which have relevant government to government agreements with South Africa
 - asylum seekers or refugees

University of Pretoria website [click here](#)

Minimum requirements

Achievement level

English Home

Language or English First

Additional Language

Language

Language

Language

Language

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APS

AS
Level

D

30

* Cambridge A level candidates who obtained at least a D in the required subjects, will be considered for admission. Students in the Cambridge system must offer both Physics AND Chemistry with performance at the level specified for NSC Physical Sciences in the table above.

* International Baccalaureate (IB) HL candidates who obtained at least a 4 in the required subjects, will be considered for admission. Students in the IB system must offer both Physics AND Chemistry with performance at the level specified for NSC Physical Sciences in the table above.

Other programme-specific information

Students who obtain a 4 or 5 in the compulsory Academic Literacy Test (TALL) will be exempted from the ELH 121 and ELH 122 modules.

Examinations and pass requirements

- In accordance with the stipulations of the General Regulations, no minimum year or semester mark is needed for admission to the examination, and all registered students are admitted to the examination automatically.
- The final mark for a specific module is calculated from the examination mark as well as the mark compiled from the evaluation of a student during continuous, objective and controlled assessment opportunities during the course of the semester/year. A final mark of at least 50% is required to pass.
- In the case of modules with practical components, students are required to also comply with the applicable attendance requirements with regard to acquiring practical skills before a pass mark can be obtained for the module.
- There are two main examination opportunities per annum, the first and second examination. In respect of first-



semester modules, the first examination opportunity is in May/June and the second examination opportunity in July. In respect of second-semester modules, the first examination opportunity is in October/November and the second examination opportunity in November/ December of the same year. Only two examination opportunities per module are allowed. If a student fails a module at the second examination opportunity, the module must be repeated.

- A second examination opportunity in a module is granted to students in the following cases:
 - If a student obtains a final mark of less than 50% in the relevant module at the first examination opportunity and thus fails.
 - If a student does not obtain the subminimum in the examination, as required for a specific module.
 - If a student does not sit the examination in a module at the first examination opportunity due to illness, official UP recognised sports participation or extraordinary circumstances.
- If a student fails a module at the first examination opportunity, the examination mark obtained in the relevant module at the second examination opportunity will be calculated as the final mark. The marks obtained with continuous evaluation during the course of the semester/year will not be taken into calculation. If the student passes the module at the second examination opportunity, a maximum of 50% is awarded as a pass mark to the module in question.
- If a student could not sit the examination in a module at the first examination opportunity due to illness, official UP recognised sports participation or extraordinary circumstances, the continuous evaluation mark, together with the examination mark obtained in the module in question at the second examination opportunity, will be calculated as the final mark obtained in the module.
- A student requiring a limited number of modules to complete his or her degree, may in terms of faculty regulations, be admitted to a special examination in the modules in question.

Promotion to next study year

Admission to the second year of study

- To be admitted to the second year of study, a student must pass PRC 100, EXE 110, FSG 110, MTL 180, ANA 123, EXE 120 and FSG 120.
- Modules can only be repeated if they can be accommodated within the existing examination timetable.
- Students who are repeating the first year of study, retain credit for examination modules passed.

Admission to the third year of study

- To be admitted to the third year of study, a student must have passed all the first and second-year modules.
- Students who are repeating the second year of study, retain credit for examination modules passed.

Academic exclusion

- A student following the BSportSci programme will only be allowed one opportunity to repeat a year of study.
- A student who does not comply with the abovementioned requirements but nevertheless wishes to be admitted to the School, may request the Dean/Chairperson in writing to consider his or her application for readmission in accordance with the prescribed procedure.

Pass with distinction

BSportSci degree

The degree is conferred with distinction on a student who obtains a cumulative average of at least 75% for all modules over the three years of study.



Curriculum: Year 1

Minimum credits: 138

Fundamental modules

Academic information management 111 (AIM 111)

Module credits 4.00

NQF Level 05

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 and Religion

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Information Science

Period of presentation Semester 1

Module content

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology.

Academic information management 121 (AIM 121)

Module credits 4.00

NQF Level 05

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 and Religion
Faculty of Veterinary Science

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Informatics



Period of presentation Semester 2

Module content

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 English for Health Sciences (BNurs, BDietetics, BOH, BOccTher, BRad and BPhysio) 121 (ELH 121)

Module credits 6.00

NQF Level 05

Service modules Faculty of Health Sciences

Prerequisites No prerequisites.

Contact time 1 discussion class per week, 2 lectures per week

Language of tuition Module is presented in English

Department Unit for Academic Literacy

Period of presentation Semester 1

Module content

Academic reading as well as academic writing and presentation skills, based on the approach followed in the healthcare sciences. **Presented to students in Health Sciences only.*

Academic English for Health Sciences 122 (ELH 122)

Module credits 6.00

NQF Level 05

Service modules Faculty of Health Sciences

Prerequisites No prerequisites.

Contact time 1 discussion class per week, 2 lectures per week

Language of tuition Module is presented in English

Department Unit for Academic Literacy

Period of presentation Semester 2

Module content

Study of specific language skills required in the Health Care Sciences, including interviewing and report-writing skills. **Presented to students in Health Sciences only. (BCur, BDietetics, BOH, BOT, Brad, BPhysT)**

Academic orientation 110 (UPO 110)

Module credits 0.00

NQF Level 00

Language of tuition Module is presented in English



Department Health Sciences Deans Office

Period of presentation Year

Core modules

Introduction to human anatomy 123 (ANA 123)

Module credits 8.00

NQF Level 05

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Anatomy

Period of presentation Year

Module content

*Closed - requires departmental selection

This module serves as the foundation of the necessary knowledge required to understand human anatomy as well as facilitate the students' understanding in future applied anatomy modules. This module covers the following aspects of human anatomy: anatomical terminology, osteology, arthrology, the muscular system, the nervous system, the cardiovascular system and the respiratory system.

Sports injuries I 110 (EXE 110)

Module credits 12.00

NQF Level 05

Prerequisites No prerequisites.

Contact time 3 lectures per week

Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Semester 1

Module content

*Closed - requires departmental selection

This module serves as an introduction to the fundamental concepts related to sports injuries.

Research I 111 (EXE 111)

Module credits 12.00

NQF Level 05

Prerequisites No prerequisites.

Contact time 3 lectures per week



Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Semester 1

Module content

*Closed – requires departmental selection

This module serves an introduction to research and information technology in Sport and Exercise which include computer skills; research techniques; library services and functions; literature searches; referencing techniques; plagiarism as well as ethics and theories in research. The content not only covers the steps of the research process but also explains the researcher's role in the research process.

Motor learning and development I 120 (EXE 120)

Module credits 12.00

NQF Level 05

Contact time 3 lectures per week

Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Semester 2

Module content

*Closed – requires departmental selection

The module focuses on a study, critique and analysis of the development of movement skills in humans from infancy to older adulthood, and on an examination of the way different motor, cognitive and social abilities affect how, when and why an individual learns motor skills. Students will gain a basic understanding of the fundamental concepts related to motor learning and motor development, and will be provided with a solid background regarding the fundamental motor skills developed during childhood and adolescence.

Exercise science programme development 121 (EXE 121)

Module credits 12.00

NQF Level 05

Contact time 3 lectures per week

Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Semester 2



Module content

*Closed – requires departmental selection

This module focuses on the basic principles of exercise programme design. Students will gain a basic understanding of the fundamental concepts related to exercise and will be provided with a solid background regarding the development of an exercise program. Programme development aspects for cardiorespiratory exercise, weight management and body composition programs, stretching and flexibility training, strength and endurance training, speed development and plyometrics, balance and proprioception programs, exercise selection, and periodisation are included.

Measurement and evaluation I 122 (EXE 122)

Module credits	12.00
NQF Level	05
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

This module introduces students to physical fitness assessment, fitness test administration, exercise testing principles and procedures, assessment of fitness components, test quality in exercise science, evaluating and interpreting test data.

Physiology 110 (FSG 110)

Module credits	6.00
NQF Level	05
Service modules	Faculty of Humanities Faculty of Natural and Agricultural Sciences
Prerequisites	No prerequisites.
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 1

Module content

Introduction (terminology and anatomical orientation); chemical principles; cytology and histology; neuro-physiology and the senses; haematology and body fluids; cardiovascular system.

Physiology 120 (FSG 120)

Module credits	6.00
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NQF Level	05
Service modules	Faculty of Humanities Faculty of Natural and Agricultural Sciences
Prerequisites	FSG 110
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 2

Module content

Respiratory system; nutrition; digestion and metabolism; kidneys and acid-base equilibrium; endocrinology; reproduction physiology and reproduction; skin and body temperatures.

Medical terminology 180 (MTL 180)

Module credits	12.00
NQF Level	05
Service modules	Faculty of Health Sciences Faculty of Natural and Agricultural Sciences Faculty of Veterinary Science
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Ancient and Modern Languages and Cultures
Period of presentation	Semester 1

Module content

The acquisition of a basic medical orientated vocabulary compiled from Latin and Greek stem forms combined with prefixes and suffixes derived from those languages. The manner in which the meanings of medical terms can be determined by analysing the terms into their recognisable meaningful constituent parts, is taught and exercised. The functional use of medical terms in context as practical outcome of terminological application is continually attended to.

Physics for biology students 131 (PHY 131)

Module credits	16.00
NQF Level	05
Service modules	Faculty of Education Faculty of Health Sciences Faculty of Veterinary Science
Prerequisites	A candidate must have passed Mathematics with at least 60% in the Grade 12 examination



Contact time	1 discussion class per week, 1 practical per week, 4 lectures per week
Language of tuition	Module is presented in English
Department	Physics
Period of presentation	Semester 1

Module content

Units, vectors, one dimensional kinematics, dynamics, work, equilibrium, sound, liquids, heat, thermodynamic processes, electric potential and capacitance, direct current and alternating current, optics, modern physics, radio activity.

Sports practical 100 (PRC 100)

Module credits	12.00
NQF Level	05
Contact time	2 practicals per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Year

Module content

*Closed – requires departmental selection.

This module will serve as the foundation for swimming, netball, athletics and gymnasium movement skill acquisition. The module serves as exposure to and experience in the movement skills practiced in swimming, netball, athletics and gymnasium. This will aid the Sport Scientist and Biokineticist to better understand and condition clients and patients practicing these sports. Sports-specific skills, team situation; rules and regulations, refereeing; game analysis; coaching.



Curriculum: Year 2

Minimum credits: 141

Core modules

Motor learning and development II 221 (EXE 221)

Module credits	16.00
NQF Level	06
Prerequisites	EXE 120
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

An analysis and critique of how motor learning is affected by adulthood and aging and how to design appropriate programmes to maximise motor skill acquisition.

Sports injuries II 222 (EXE 222)

Module credits	16.00
NQF Level	06
Prerequisites	EXE 110
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

The module aims to further the knowledge and application of fundamentals concepts related to sports injuries.

Nutrition for exercise and sport 223 (EXE 223)

Module credits	16.00
NQF Level	06
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Human Nutrition



Period of presentation Semester 2

Module content

*Closed – requires departmental selection

Understanding the basic principles of substrate location and utilization in an exercise and sport-related context, as well as the application of nutrition recommendations for exercise and sport.

Basic emergency care 286 (GNK 286)

Module credits 5.00

NQF Level 06

Prerequisites (does not apply to the BOH programme) CMY 151, FIL 155, MGW 112, MLB 111, PHY 131, MTL 180, GNK 120, BOK 121, GNK 127, GNK 128, CIL 111 and 121 or AIM 101 or AIM 111 and 121 EOT 110 and 120 or ELH 111 and 112

Contact time 2 other contact sessions per week, 4 practicals per week

Language of tuition Module is presented in English

Department Health Sciences Deans Office

Period of presentation Semester 1

Module content

This practical-orientated module will provide students with training in basic life support, automated external defibrillation, and first aid treatment to the suddenly ill or injured patient. The theoretical content will be offered in an interactive format where students are expected to master the content as self-directed learning. Practical skills will be demonstrated in the skills laboratory and students will get the opportunity to practice the skills under guidance and supervision.

Sports practical II 201 (PRC 201)

Module credits 16.00

NQF Level 06

Prerequisites PRC 100

Contact time 2 practicals per week

Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Year

Module content

*Closed - requires departmental selection

This module will serve as the foundation for rugby, hockey, cricket and tennis movement skill acquisition. This module serves as exposure to and experience in the movement skills practiced in rugby, hockey, cricket and tennis. This will aid the Sport Scientist and Biokineticist to better understand and condition clients and patients practicing these sports.



Exercise physiology I 212 (SMC 212)

Module credits	14.00
NQF Level	06
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1

Module content

*Closed – requires departmental selection

Homeostasis, thermoregulation, bone and connective tissue adaptations, muscle adaptations, and muscle force development.

Biomechanics I 213 (SMC 213)

Module credits	16.00
NQF Level	06
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1

Module content

*Closed – requires departmental selection

This module focuses on the biomechanical principles involved in human movement and sports activities. It comprises primarily of the study of linear and angular kinematics and kinetics of human motion and introduces the student to various applications and measurement techniques used in biomechanics.

Human anatomy II 214 (SMC 214)

Module credits	16.00
NQF Level	06
Prerequisites	ANA 123
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1



Module content

*Closed – requires departmental selection

This module builds on the knowledge attained in ANA 123 and involves comprehensive study of the muscular system (origin, insertion, action and nerve supply of the muscles of the human body) and the nervous system.

Exercise physiology II 221 (SMC 221)

Module credits	14.00
NQF Level	06
Prerequisites	SMC 212
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

Exercise metabolism, cardiovascular adaptations, respiratory adaptations, and water, electrolyte and acid-base balance responses to exercise.

Event and facility management 211 (SMS 211)

Module credits	12.00
NQF Level	06
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Sport and Leisure Studies
Period of presentation	Semester 2

Module content

*Closed – requires departmental selection

This module will provide the basic knowledge of management (planning, leading, organising and controlling) of sporting and health promotion events and exercise facilities.



Curriculum: Final year

Minimum credits: 130

Core modules

Exercise science programme development II 310 (BGN 310)

Module credits	15.00
NQF Level	07
Contact time	1 lecture per week, 1 practical per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1

Module content

*Closed – requires departmental selection

The module focuses on the practical application of the fundamental concepts related to exercise as well as principles for exercise programme design.

Measurement and evaluation II 320 (BGN 320)

Module credits	15.00
NQF Level	07
Contact time	1 lecture per week, 1 practical per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1

Module content

*Closed – requires departmental selection

This module includes the theoretical study and practical demonstration of exercise tests for health-related and sport-related physical fitness components, as well as exercise test data interpretation, evaluation and reporting.

Biomechanics II 321 (BGN 321)

Module credits	15.00
NQF Level	07
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 2



Module content

*Closed – requires departmental selection

This unit involves the application of biomechanical principles to analyse human motion using various biomechanical methods. Students will learn to collect and analyse two-dimensional video and force platform data, with a focus on gait analysis and exercise training techniques.

Research II 301 (EXE 301)

Module credits	20.00
NQF Level	07
Prerequisites	EXE 111
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Year

Module content

*Closed – requires departmental selection

In this module the focus will be on fundamental quantitative or experimental research methodology, and statistics. The student will have the opportunity to demonstrate an understanding of the module through the medium of a written theoretical examination and a research proposal.

Sports injuries III 310 (EXE 310)

Module credits	15.00
NQF Level	07
Prerequisites	EXE 222
Contact time	3 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 1

Module content

*Closed – requires departmental selection

Theoretical knowledge will be gained in the understanding of region specific sport injuries. This includes the mechanism of injury, type of injury, assessment and management of the sport injury.

Sports psychology 212 (MBK 212)

Module credits	10.00
NQF Level	07
Contact time	2 lectures per week



Language of tuition Module is presented in English

Department Sport and Leisure Studies

Period of presentation Semester 1

Module content

*Closed – requires departmental selection

In this module students will form an understanding of the multi-dimensional nature of sport psychology, with specific reference to Performance Termination (PT), Performance Dysfunction (PDy), Performance Impairment (PI) and Performance Development (PD) as portrayed in the Multi-Level Classification System for Sport Psychology (MCS-SP). Through studying the MCS-SP students will understand the role of sport psychologists in the sport context, how sport psychology focuses on the psychological well-being of athletes within sport organizations, as well as the psychological aspects that contribute to excellence in sport performance.

Exercise science practice 301 (PRC 301)

Module credits 20.00

NQF Level 07

Contact time 2 practicals per week

Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Year

Module content

*Closed – requires departmental selection

This module serves as the platform for supervised practical training and application in exercise testing and interpretation for sport-related physical fitness components, exercise programme design and implementation for sport-related physical fitness, and sport science work experience. This module requires the student to have accumulated 45 hours of Sport First aid.

Exercise physiology III 320 (SMC 320)

Module credits 20.00

NQF Level 07

Prerequisites SMC 221

Contact time 1 tutorial per week, 2 lectures per week

Language of tuition Module is presented in English

Department Biokinetics and Sports Science

Period of presentation Semester 2

Module content

*Closed – requires departmental selection.

Allotaxis, energy dynamics, fatigue, immune system considerations, muscle hypertrophy, DOMS, NSAIDs, environmental physiology.



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 each student to familiarise himself or herself 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.