



Next start date

30 June 2025

Module duration

8, 16 or multiples of 8 weeks*

Multiple start dates - 100% Online - Pay per module - *Duration depends on module

Higher Certificate in Sports Sciences (UPOnline) Part-time

- [University of Pretoria](#)
- [Study at UP](#)
- Higher Certificate in Sports Sciences (UPOnline) Part-time

Faculty of Education

Department: Humanities Education

Programme Code: 09110003

SAQA ID: 111821

NQF level: 05

The ideal candidates hold certificates that the University deems to be equivalent to the National Senior Certificate with an APS of 20. Students who are passionate about sports and physical education excel in this programme. It is the ideal programme for student athletes and professional sports people who want to further their studies while competing in sporting events.

Many young people who have proven sports talents and the ability to learn at an advanced level, but do not meet the entry requirements for study at a diploma or degree level, develop those talents into learning and career pathways. Very few schools in South Africa have qualified sports teachers. The Higher Certificate is needed to provide an entry point into higher education training as the first step to

possible career pathways in sports coaching, administration or teaching.

For more information, please consult the [UP Yearbook](#).

First Payment and Sports Practical Access

First Payment

1. When starting this programme, a student will need to register and pay for two modules, JLO 180 OR JLZ 180 and the second being the Sports Practical module, JRC180 that runs concurrently with the first six modules of the programme. From the second module start onwards, the student will only register and pay for one module at a time until the end of the programme.
2. JLO 180 and JLZ 180 must be completed and passed before registering for any other module.
3. The JRC 180 Sports Practical module runs concurrently with the first six modules of the programme.
4. This programme is structured with six enrolment opportunities per year where a student will enrol for a module of either eight (regular modules) or 48 weeks (Sports Practical) at a time.
5. An eight-week module typically consists of seven weeks of teaching and one week of recess. A 52-week module typically consists of six blocks of seven weeks of teaching and one week of recess.
6. Students must be able to dedicate about 21 hours a week to their studies as there are weekly engagements and commitments in each module.

Sports Practical Access

Access on a part-time basis, to schools, sports clubs and/or accredited training facilities to complete the Sports Practical module (JRC 180).

For you to be considered for the UPOne Higher Certificate in Sports Sciences you require access on a part-time basis, to schools, sports clubs and/or accredited training facilities to complete your Sports Practical (JRC 180) module that will be presented for the first year of your studies and run concurrent with your first six theoretical modules. While the module consists of online components, and the creation of a portfolio of evidence, it also includes placement participation requirements.

You will be expected to participate in 70 hours of coaching education and training, 70 hours of sports administration and 20 hours of first aid practical training. Organisations, where this fieldwork is conducted, should be willing to allocate a staff member as a supervisor who will mentor and coach you as you develop these practical skills. You will need to provide weekly reflections on activities completed, as well as logbook entries for every seven-week cycle. The supervisor will be responsible for signing the logbook entries and providing constructive feedback after each seven-week cycle. At the end of the module, an evaluation form will need to be completed by the supervisor.

Career Opportunities

This programme will prepare students for employment as trainers and coaches in various sporting codes, in the private and public sectors in the context of community sports clubs, school sports and sports coaching.

Career opportunities within the sports industry are accessible in various sectors, including community sports clubs, school sports, and both private and public organisations. Furthermore, this programme provides students with the requisite training to pursue professional roles as trainers, **sports organisers, administrators**, and coaches across a diverse range of sports disciplines.

Faculty Notes

English will be the language of teaching and learning (including lectures, tutorials and assessments) for all academic modules in the undergraduate programmes, except in cases where modules or programmes require the use of a language other than English. Modules that provide professional preparation requiring separate English and Afrikaans classes will be identified and will be explicitly listed as such.

The Faculty of Education at the University of Pretoria continues to develop into one of the largest and most diverse units in South Africa for the initial and advanced training of education professionals from across the world. A distinguishing characteristic of the Faculty is that it not only trains pre-service teachers but also educational psychologists, principals, researchers, programme evaluators, curriculum designers, computer education and training experts, assessment specialists, education policy analysts, community development workers and education law advisors working in national and international agencies and organisations.

- [Programme information](#)
- [Curriculum](#)
- [Tuition Fees](#)

Programme Information

The purpose of the fully online Higher Certificate in Sports Sciences is to develop sport coaches and administrators who can function successfully in an interdisciplinary environment. The aim of the qualification is to equip students with applied competencies required to work within education settings to provide physical education through sport programmes and to promote principles of good

management in sport, in order to improve athletes' and sports teams' performances. The qualification further serves to provide students with basic introductory knowledge, and cognitive and conceptual tools and practical techniques required for higher education studies in sports sciences and education. The theoretical and practical learning provides students with understanding and skill sets required to promote and manage development of sport organisations and physical education. On completion of this qualification students will have knowledge, skills and values related to the scope of physical education, sport coaching and sport management required to develop sporting codes for extramural programmes. This will prepare students for employment as trainers and coaches in various sporting codes, in the private and public sectors in the context of community sport clubs, school sport and sport coaching.

Information about UPOne programmes:

- The UPOne programmes are presented and assessed fully online.
 - UPOne programmes allow access to programme material and class interaction on any device provided that a stable internet connection is available.
 - The UPOne modules have dedicated facilitators and student success coordinators ready to motivate, support and assist students with any queries they may have.
 - UPOne programmes have been designed to provide a highly interactive learning environment which may include live chats, discussion forums and online video communication.
 - These programmes are structured with six enrolment opportunities per year.
 - Payment can be made per module.
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Minimum duration of study

2 years fully online

Total credits

122

Admission Requirements

Important information for all prospective students

The admission requirements below apply to all who apply for admission to the University of Pretoria with a **National Senior Certificate (NSC) and Independent Examination Board (IEB) qualifications**. [Click here](#) for this Faculty Brochure.



Minimum requirements

Achievement level	
English Home Language or English First Additional Language	APS
NSC/IEB	
4	20

***Students must have access, at least on a part-time basis, to schools, sports clubs and/or accredited training facilities which are suitable for the proposed field of specialisation.**

Life Orientation is excluded when calculating the APS.

Applicants who have completed Grade 12 must apply with their final NSC or equivalent qualification results.

Please note that meeting the minimum academic requirements does not guarantee admission.

Successful candidates will be notified once admitted.

Applicants should check their application status regularly on the UP Student Portal at [click here](#).

Additional Requirements

Computer literacy

The University of Pretoria makes use of Blackboard, branded as clickUP, which is an online system that provides a workspace for students, providing students with the information and the connections needed.

ClickUP contains study material as well as a simple, convenient, and reliable web conferencing and virtual classroom solutions specifically built for education and training. ClickUP is accessible via a web browser mobile device, or tablet and has a useful student guide.

Students are required to have some technical and digital literacy skills such as the ability to:

- navigate the University's eLearning environment (ClickUP);
- use the email service in the LMS;
- manage digital files: create, store, upload and attach files to assignment submissions (using applications such as MS Word, MS Excel, MS PowerPoint);
- use the Library website and databases for research and make use of proper referencing techniques;
- use a webcam, upload videos or audio files, use social media for communication or to collaborate

electronically; and

- download and install software and applications.

Other programme-specific information

The HCert (Sports Sciences) programme consists of 11 compulsory modules at NQF level 5. Two theoretical modules will be presented as fixed start module alternatively, namely Literacies in Education and Personal development and life skills training. The practical aspect, Sports Practical module is also presented as a fixed start modules. The Sports Practical module is a work-integrated learning (WIL) module, which must be completed by the time the student concludes all the theoretical modules of the programme. The student must complete all the compulsory modules to meet the 122-credit requirement for the qualification. All modules in the online programme will be offered fully online while the face-to-face programme will be offered in a blended mode on campus.

WIL information

The 32-credit Sports Practical module will provide students with the opportunity to engage in work integrated learning. Students will compile a portfolio of evidence over the year-long module.

Pass with Distinction

The higher certificate is awarded with distinction to a student who has obtained an overall weighted average (GPA) of 75% or higher for the HCert programme. This includes the sport practical module.

Minimum credits: 122

The HCert (Sports Sciences) programme consists of 11 compulsory modules at NQF level 5. Literacies in education, Personal development and life skills, and Sports practical are fixed start modules. The Sports practical module is a work-integrated learning (WIL) module which must be completed within two years. The student must complete all the compulsory modules to meet the 122-credit requirement for the qualification. All modules will be offered online.

Fundamental modules

[JLO 180Personal development and life skills training 180Credits: 12.00](#) Module content:

The purpose of this module is to ensure that students acquire the necessary knowledge, skills, values and attitudes that will enable them to meaningfully and successfully cope with the demands of everyday life, and maintain a balance between academic and social life. The module emphasises the

need for students to display resilience by responding to situations and events in a positive and focused manner. This module focuses on the personal development of the student as an individual and the various interrelated factors which influence self-development. The content is designed to encourage students' personal, social, intellectual, emotional and physical growth. This includes highlighting positive emotional states, traits, constructs, theories and measurements for application in various phases of life and in different contexts.

Prerequisites No prerequisites.

Period of presentation UPOnline Short Intake

[JLZ 180 Literacies in education 180 Credits: 12.00](#) Module content:

This module aims to enable students to effectively listen, speak, read and write for academic understanding. Students will have the opportunity to build an academic and professional vocabulary in order to read a variety of material with comprehension for academic and professional purposes and to produce coherent academic texts. The module focuses on basic language structures, reading strategies and writing skills. In addition, students will be equipped to access, reference and present information in a visually appropriate manner.

Prerequisites No prerequisites.

Period of presentation UPOnline Short Intake

Core modules

[JMB 118 Sports and physical education management 118 Credits: 8.00](#) Module content:

The main purpose of this module is to introduce the student to the field of sport and physical education and the management thereof. The functions of management will be applied to the sport and physical education industry in particular. The module provides a comprehensive overview of fundamental management functions. Placing a continual in-depth focus on planning, organisations, and leading of sport and physical education organizations.

Prerequisites JLZ 180, JLO 180

Period of presentation UPOnline Short Intake

[JMB 119 Human motor skills development 119 Credits: 8.00](#) Module content:

The Human motor skills development module will introduce students to the concepts of development, maturation, and growth associated with human development. Students will be able to define concepts related to human motor development, and describe stages of motor development and motor learning upon completion of the module. Attention is also paid to games in the school context.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake



[JMB 128Basic human anatomy and physiology 128Credits: 8.00](#) Module content:

The purpose of this module is to develop the student's knowledge and understanding of basic human anatomy and physiology. Students will have a basic knowledge of the different human physiological systems and functions which contribute to the substance of human life, including the circulatory; musculo- skeletal; respiratory, digestive and nervous system. Students will be able to apply their knowledge in exercise physiology.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake

[JRC 180Sports practical 180Credits: 32.00](#) Module content:

The purpose of the Sports practical module is to prepare students professionally for the diverse world of sport with all its job opportunities. This module attempts to equip students with the knowledge and skills needed to provide professional services within the sports industry. Students are provided with experiences that bridge the gap between theory and practice while exposing them to a diverse list of topics and issues that characterize the sports industry. To pass the Sports Practical module, students must acquire 50% for the section on First Aid in the module, obtain at least 50% for all of the assignments and prescribed activities, and provide proof by handing in a logbook and multimedia evidence of their involvement at a facility.

Prerequisites Simultaneous with JLZ 180 or JLO 180.

Period of presentation UPOnline Year Intake

[JRM 118Foundations of recreation 118Credits: 8.00](#) Module content:

Foundations of recreation provides students with a broad introduction to recreation. An overview of leisure, recreational activities, and key aspects of recreation will be addressed. Students will discover the difference between the concepts and policies, plans, strategies and structures of sport and recreation. The dynamic scope and nature of recreation is introduced.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake

[JXE 180Sport injuries 180Credits: 10.00](#) Module content:

The purpose of this module is to introduce students to the principles of injury prevention, management and risk related to sports injuries. Principles of first aid, causes of injuries, soft-tissue injuries, sport massage and fundamentals of strapping will be covered. This module also incorporates basic first aid management as well as the management and referral guidelines for athletes with injuries and with the aim of providing a current and well guided understanding of best practice for the individual working within a sport environment.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake



[JXE 181Fundamental nutrition 181Credits: 8.00](#) Module content:

This module examines key concepts related to nutrients in food and their function(s) in the body; and describes the role of foods and nutrients in energy balance and physical activity. The student will be able to identify quackery, interpret food labels and apply basic nutrition principles in advising athletes towards optimal dietary intake.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake

[JXE 190Exercise and training principles 190Credits: 8.00](#) Module content:

The purpose of this practical module is to introduce students to the principles of training and conditioning, and how to apply these principles in planning a training programme. It further assists the students in becoming young coaches with strong communication skills, the ability to manage athletes positively and build relationships with persons involved in sport. Students will encounter a section pertaining to the basic principles and practices of sports coaching and refereeing. In addition, they are encouraged to obtain a recognised sport coaching, refereeing and umpiring certificate in their selected sport.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake

[JXP 180Coaching professionalism 180Credits: 8.00](#) Module content:

Coaching professionalism aims to introduce students to the principles that underpin coaching practices. The module will cover the importance of developing coaching philosophies, roles undertaken by a coach and skills needed in order to coach effectively. The aim of this module is further to equip students with skills of coaching holistically, on the sports field, during practice sessions, competitions and beyond for life. Coaches are influential in creating positive and achievement-oriented sport environments and the development of a sound philosophy is the key to successful coaching.

Prerequisites JLO 180, JLZ 180

Period of presentation UPOnline Short Intake

Annual Increase and Payment Information:

- Module pricing is subject to change at the start of each year without prior notice.
- UPOnline tuition fees will increase annually by approximately 5%.
- The annual increase applies from the March intake, which is the second intake of the year.
- If the programme fee is paid in full upfront, the student remains responsible for the difference between the initial payment and the increased amount until programme completion.
- Any payments made will first be applied to settle any outstanding debt owed to the University of Pretoria.

- The total programme cost is all-inclusive.
- Always quote your student number (EMPLID) when making payments.
- UPOne follows a 'Pay as you study' model - you pay only for the module(s) you register for.
- Tuition fees are divided into equal payments per module and must be paid upon registration before the start of the module to ensure continued access to study resources.
- UPOne students are not eligible for discounts on tuition fees, and no payment arrangements can be made.

- ☒ SA/SADC
☐ International

Code	Module	Duration	Credits	Cost
Fundamental modules				
JLO 180	Personal development and life skills training 180	8 weeks fully online	12.00	R2,683.00
JLZ 180	Literacies in education 180	8 weeks fully online	12.00	R2,683.00
Core modules				
JMB 118	Sports and physical education management 118	8 weeks fully online	8.00	R2,683.00
JMB 119	Human motor skills development 119	8 weeks fully online	8.00	R2,683.00
JMB 128	Basic human anatomy and physiology 128	8 weeks fully online	8.00	R2,683.00
JRC 180	Sports practical 180	52 weeks fully online	32.00	R2,683.00
JRM 118	Foundations of recreation 118	8 weeks fully online	8.00	R2,683.00
JXE 180	Sport injuries 180	8 weeks fully online	10.00	R2,683.00
JXE 181	Fundamental nutrition 181	8 weeks fully online	8.00	R2,683.00
JXE 190	Exercise and training principles 190	8 weeks fully online	8.00	R2,683.00
JXP 180	Coaching professionalism 180	8 weeks fully online	8.00	R2,683.00
Totals			122.00	R29,513.00

Enquiries about the programme

UPOne Call Center

Email: enquiries@online.up.ac.za

Tel: Toll Free: 0800233720 International: +27121400041

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Note: Also consult General Rules and Information on the Yearbook website for additional information.

Disclaimer: Due to the continuous restructuring of the Faculty and this website, some of the information displayed here may not fully reflect the most recent developments in the Faculty. Any discrepancies that are experienced may be taken up with Student Administration of the Faculty.