

University of Pretoria Yearbook 2016

Sports injuries (I) 153 (EXE 153)

Qualification Undergraduate

Faculty [Faculty of Humanities](#)

Module credits 6.00

Programmes [HCert \(Sports Science\) Option: Education](#)

[HCert \(Sports Science\) Option: Sports Coaching](#)

Prerequisites No prerequisites.

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

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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