

# 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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