
University of Pretoria Yearbook 2016

HCert (Sports Science) Option: Sports Coaching (10120001)

Duration of study 2 years

Total credits 130

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Programme information

This programme will be an extended programme allowing the student to complete the programme in two years. The 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 BA (Sports and Leisure Studies), Option: Sports Coaching Sciences in the Faculty of Humanities, or the BEd degree in the Faculty of Education.

Other programme-specific information

*Students who are deemed to be at risk of their level of academic literacy are compelled to take ALL 110 and ALL 125.

Curriculum: Year 1

Minimum credits: 118

Fundamental modules

Exercise and training principles 151 (EXE 151)

Module credits	6.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 2

Module content

*Closed – requires departmental selection

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

Fundamental nutrition 152 (EXE 152)

Module credits	6.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 3

Module content

*Closed – requires departmental selection

*Offered by the Department of Human nutrition for the students in Biokinetics, Sport and Leisure sciences
Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

Sports injuries (I) 153 (EXE 153)

Module credits	6.00
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.

Motor learning and development 159 (EXE 159)

Module credits	6.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 4

Module content

*Closed – departmental selection required

A study, critique and analysis of human motor growth and development in regular populations. Growth, maturation, physical activity and performance of children and adolescents as they progress from birth to young adulthood are included.

Sports practical (Basic) 151 (PRC 151)

Module credits	16.00
Prerequisites	Admission into relevant programme
Contact time	5 practicals per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Year

Module content

*Closed – requires departmental selection

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

Fundamental anatomy 151 (SMC 151)

Module credits	6.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 2

Module content

*Closed – requires departmental selection

Orientation and terminology, osseous tissue and skeletal structure, axial skeleton, appendicular skeleton, articulations, and cardiorespiratory system.

Fundamental physiology 152 (SMC 152)

Module credits	6.00
Prerequisites	No prerequisites.



Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Semester 1

Module content

*Closed – requires departmental selection

The cell, bio-energy, muscle contraction, and respiration.

Fundamental biomechanics 153 (SMC 153)

Module credits 6.00

Prerequisites No prerequisites.

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Quarter 4

Module content

*Closed – requires departmental selection

This module focuses on the biomechanical principles involved in human movement and sport activities. It comprises the study and analysis of the forms of human movement, linear and angular kinematics and fluid mechanics.

Foundations of recreation and sports management 110 (SRM 110)

Module credits 12.00

Service modules Faculty of Economic and Management Sciences
Faculty of Health Sciences

Contact time 3 lectures per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

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.

Foundations of sports coaching sciences 110 (YCS 110)

Module credits 12.00

Service modules	Faculty of Health Sciences
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 1

Module content

This module identifies, defines and examines the underlying theoretical dimensions and practical principles of scientific sports coaching to provide a platform for subsequent knowledge and application in sports coaching contexts.

Teaching and learning in sport 120 (YCS 120)

Module credits 12.00

Service modules	Faculty of Health Sciences
Prerequisites	YCS 110
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 2

Module content

This module builds on the fundamental principles of sports coaching. It focuses on the processes and techniques of learning and teaching of skills within a sports paradigm. Methodological techniques as implemented by the coach in teaching and learning of sports skills are identified, discussed and applied. In this module the student gets the opportunity to obtain a Level 0/1 Sports Coaching certificate in a sport of choice.

Foundations of sport, exercise and performance psychology 110 (YSP 110)

Module credits 12.00

Service modules	Faculty of Health Sciences
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 1

Module content

In this module basic principles of sport, exercise and performance psychology are identified as basis for subsequent modules. Fundamental principles of motivation, activation, attention, personality and aggression and their role in sport, exercise and performance are identified, defined and discussed in diverse sport contexts.

Psychology of sport coaching 120 (YSP 120)

Module credits	12.00
Service modules	Faculty of Health Sciences
Prerequisites	YSP 110
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 2

Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.

Academic information management 101 (AIM 101)

Module credits	6.00
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 Faculty of Veterinary Science
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	Both Afr and Eng
Academic organisation	Information Science
Period of presentation	Semester 1

Module content

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology. 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 literacy 110 (ALL 110)

Module credits	6.00
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Service modules	Faculty of Health Sciences Faculty of Theology
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	English
Academic organisation	Unit for Academic Literacy
Period of presentation	Semester 1

Module content

This module intends to equip students to cope more confidently and competently with the reading and understanding of a variety of texts, to apply these skills in a variety of contexts and to follow the conventions of academic writing.

Academic literacy for Humanities 125 (ALL 125)

Module credits	6.00
Service modules	Faculty of Health Sciences
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	English
Academic organisation	Unit for Academic Literacy
Period of presentation	Semester 2

Module content

This module equips students to understand and use a range of discipline-specific terminology; apply the strategies of critical and comprehensive reading to their own academic literacy; apply the conventions of academic writing to their own writing, using the process approach, to produce intelligible academic texts and use the correct referencing technique as required by the faculty.

Academic orientation 110 (UPO 110)

Module credits	0.00
Language of tuition	Double Medium
Academic organisation	Health Sciences Dean's Office
Period of presentation	Year

Curriculum: Final year

Minimum credits: 118

Fundamental modules

Academic information management 101 (AIM 101)

Module credits 6.00

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
Faculty of Veterinary Science

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Both Afr and Eng

Academic organisation Information Science

Period of presentation Semester 1

Module content

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology. 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 literacy 110 (ALL 110)

Module credits 6.00

Service modules

Faculty of Health Sciences
Faculty of Theology

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition English

Academic organisation Unit for Academic Literacy

Period of presentation Semester 1

Module content

This module intends to equip students to cope more confidently and competently with the reading and understanding of a variety of texts, to apply these skills in a variety of contexts and to follow the conventions of academic writing.

Academic literacy for Humanities 125 (ALL 125)

Module credits	6.00
Service modules	Faculty of Health Sciences
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	English
Academic organisation	Unit for Academic Literacy
Period of presentation	Semester 2

Module content

This module equips students to understand and use a range of discipline-specific terminology; apply the strategies of critical and comprehensive reading to their own academic literacy; apply the conventions of academic writing to their own writing, using the process approach, to produce intelligible academic texts and use the correct referencing technique as required by the faculty.

Academic orientation 110 (UPO 110)

Module credits	0.00
Language of tuition	Double Medium
Academic organisation	Health Sciences Dean's Office
Period of presentation	Year

Core modules

Exercise and training principles 151 (EXE 151)

Module credits	6.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Quarter 2

Module content

*Closed – requires departmental selection

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

Fundamental nutrition 152 (EXE 152)

Module credits	6.00
Prerequisites	No prerequisites.
Language of tuition	Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Quarter 3

Module content

*Closed – requires departmental selection

*Offered by the Department of Human nutrition for the students in Biokinetics, Sport and Leisure sciences
Nutrition and health, digestion, absorption and metabolism, carbohydrates, fats, proteins, energy balance and weight management.

Sports injuries (I) 153 (EXE 153)

Module credits 6.00

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.

Motor learning and development 159 (EXE 159)

Module credits 6.00

Prerequisites No prerequisites.

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Quarter 4

Module content

*Closed – departmental selection required

A study, critique and analysis of human motor growth and development in regular populations. Growth, maturation, physical activity and performance of children and adolescents as they progress from birth to young adulthood are included.

Sports practical (Basic) 151 (PRC 151)

Module credits 16.00

Prerequisites Admission into relevant programme

Contact time 5 practicals per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Year

Module content

*Closed – requires departmental selection

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

Fundamental anatomy 151 (SMC 151)

Module credits 6.00

Prerequisites No prerequisites.

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Quarter 2

Module content

*Closed – requires departmental selection

Orientation and terminology, osseous tissue and skeletal structure, axial skeleton, appendicular skeleton, articulations, and cardiorespiratory system.

Fundamental physiology 152 (SMC 152)

Module credits 6.00

Prerequisites No prerequisites.

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Semester 1

Module content

*Closed – requires departmental selection

The cell, bio-energy, muscle contraction, and respiration.

Fundamental biomechanics 153 (SMC 153)

Module credits 6.00

Prerequisites No prerequisites.

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Quarter 4

Module content

*Closed – requires departmental selection

This module focuses on the biomechanical principles involved in human movement and sport activities. It comprises the study and analysis of the forms of human movement, linear and angular kinematics and fluid mechanics.

Foundations of recreation and sports management 110 (SRM 110)

Module credits 12.00

Service modules Faculty of Economic and Management Sciences
Faculty of Health Sciences

Contact time 3 lectures per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

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.

Foundations of sports coaching sciences 110 (YCS 110)

Module credits 12.00

Service modules Faculty of Health Sciences

Contact time 3 lectures per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Semester 1

Module content

This module identifies, defines and examines the underlying theoretical dimensions and practical principles of scientific sports coaching to provide a platform for subsequent knowledge and application in sports coaching contexts.

Teaching and learning in sport 120 (YCS 120)

Module credits 12.00

Service modules Faculty of Health Sciences

Prerequisites YCS 110

Contact time 3 lectures per week

Language of tuition Double Medium

Academic organisation Sport and Leisure Studies

Period of presentation Semester 2



Module content

This module builds on the fundamental principles of sports coaching. It focuses on the processes and techniques of learning and teaching of skills within a sports paradigm. Methodological techniques as implemented by the coach in teaching and learning of sports skills are identified, discussed and applied. In this module the student gets the opportunity to obtain a Level 0/1 Sports Coaching certificate in a sport of choice.

Foundations of sport, exercise and performance psychology 110 (YSP 110)

Module credits	12.00
Service modules	Faculty of Health Sciences
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 1

Module content

In this module basic principles of sport, exercise and performance psychology are identified as basis for subsequent modules. Fundamental principles of motivation, activation, attention, personality and aggression and their role in sport, exercise and performance are identified, defined and discussed in diverse sport contexts.

Psychology of sport coaching 120 (YSP 120)

Module credits	12.00
Service modules	Faculty of Health Sciences
Prerequisites	YSP 110
Contact time	3 lectures per week
Language of tuition	Double Medium
Academic organisation	Sport and Leisure Studies
Period of presentation	Semester 2

Module content

This module introduces the basic principles, dynamics and skills involved in the psychology of sport coaching. Different roles of the coach as leader, motivator, facilitator and communicator are identified and explained from a psychological perspective. In this module the psychological principles constituting the development of children through sport and coaching will be explored and interpreted. The growth principles will be integrated with all the different life phases.

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.