



University of Pretoria Yearbook 2017

Sports injuries 141 (EXE 141)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	6.00
Programmes	HCert Sports Science Education HCert Sports Science Sports Coaching
Contact time	3 lectures per week
Language of tuition	Afrikaans and English is used in one class
Academic organisation	Biokinetics and Sports Science
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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