

University of Pretoria Yearbook 2017

HCert Sports Science Sports Coaching (10110018)

Duration of study 1 year

Total credits 136

Contact Dr F Rossouw france.rossouw@up.ac.za +27 (0)124206116

Programme information

This 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, providing that a student is in possession of an NSC and complying with the minimum requirements for admission to a bachelor's degree.

Admission requirements

- The following persons will be considered for admission: a candidate who is in possession of a certificate that is deemed by the University to be equivalent to the required Grade 12 certificate with university endorsement; a candidate who is a graduate from another tertiary institution or has been granted the status of a graduate of such an institution; and a candidate who is a graduate of another faculty at the University of Pretoria.
- Life Orientation is excluded in the calculation of the APS.
- Grade 11 final examination results, the NBT results as well as a Value-added Questionnaire will be used for the provisional admission of prospective students.
- Admission to Health Sciences programmes is subject to a selection process.
- The applications of international candidates who come from countries that have medical schools will not be considered for placement in the MBChB programme except where intergovernmental agreements are in place.
- For selection purposes the sum of the results in six subjects, including English, Mathematics and Physical Science, is calculated.
- Candidates, please note that your APS may not drop with more than two points in your final school examination results in order to maintain your provisional admission.
- PLEASE NOTE that compliance with the minimum admission requirements does not necessarily guarantee admission to any programme in this Faculty.
- Selection queries may be directed to healthapplications@up.ac.za.
- Selection is based on Grade 11 results and Grade 12 sporting achievements. Please take note that places for the Higher Certificate in Sports Science are preferentially offered to applicants who are nominated by one of



the official UP sports clubs.

Minimum requirements for 2017				
Achievement level				APS
Afrikaans or English				
NSC/IEB	HIGCSE	AS-Level	A-Level	
4	3	D	D	15

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: Final year

Minimum credits: 136

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 Separate classes for Afrikaans and English

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 information management 111 (AIM 111)

Module credits 4.00

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

Prerequisites No prerequisites.

Contact time MAMELODI, 2 lectures per week

Language of tuition Separate classes for Afrikaans and English

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.

Academic information management 121 (AIM 121)

Module credits 4.00

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, MAMELODI

Language of tuition Separate classes for Afrikaans and English

Academic organisation Informatics

Period of presentation Semester 2

Module content

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 Module is presented in 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	Module is presented in 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	Afrikaans and English is used in one class
Academic organisation	Health Sciences Dean's Office
Period of presentation	Year

Core modules

Exercise and training principles 142 (EXE 142)

Module credits	6.00
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 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 143 (EXE 143)

Module credits	6.00
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 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 141 (EXE 141)

Module credits 6.00

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.

Motor learning and development 144 (EXE 144)

Module credits 6.00

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 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) 150 (PRC 150)

Module credits 16.00

Contact time 5 practicals per week

Language of tuition Afrikaans and English is used in one class

Academic organisation Biokinetics and Sports Science

Period of presentation Year

Module content

*Closed – requires departmental selection

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

Fundamental anatomy 155 (SMC 155)

Module credits 6.00

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 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 156 (SMC 156)

Module credits 6.00

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 Semester 1

Module content

*Closed – requires departmental selection

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

Fundamental biomechanics 157 (SMC 157)

Module credits 6.00

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 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 111 (SRM 111)

Module credits	12.00
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	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 111 (YCS 111)

Module credits	12.00
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	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 121 (YCS 121)

Module credits	12.00
Prerequisites	YCS 111
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	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 111 (YSP 111)

Module credits	12.00
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	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 121 (YSP 121)

Module credits	12.00
Prerequisites	YSP 111
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	Semester 2

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.