

# University of Pretoria Yearbook 2017

## HCert Sports Science Sports Coaching (10110018)

**Duration of study** 1 year

**Total credits** 136

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### 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](mailto: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	
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## 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.



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## Curriculum: Final year

**Minimum credits: 136**

### Fundamental modules

Academic information management 101 (AIM 101) - Credits: 6.00

Academic information management 111 (AIM 111) - Credits: 4.00

Academic information management 121 (AIM 121) - Credits: 4.00

Academic literacy 110 (ALL 110) - Credits: 6.00

Academic literacy for Humanities 125 (ALL 125) - Credits: 6.00

Academic orientation 110 (UPO 110) - Credits: 0.00

### Core modules

Exercise and training principles 142 (EXE 142) - Credits: 6.00

Fundamental nutrition 143 (EXE 143) - Credits: 6.00

Sports injuries 141 (EXE 141) - Credits: 6.00

Motor learning and development 144 (EXE 144) - Credits: 6.00

Sports practical (Basic) 150 (PRC 150) - Credits: 16.00

Fundamental anatomy 155 (SMC 155) - Credits: 6.00

Fundamental physiology 156 (SMC 156) - Credits: 6.00

Fundamental biomechanics 157 (SMC 157) - Credits: 6.00

Foundations of recreation and sports management 111 (SRM 111) - Credits: 12.00

Foundations of sports coaching sciences 111 (YCS 111) - Credits: 12.00

Teaching and learning in sport 121 (YCS 121) - Credits: 12.00

Foundations of sport, exercise and performance psychology 111 (YSP 111) - Credits: 12.00

Psychology of sport coaching 121 (YSP 121) - Credits: 12.00

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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.