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# University of Pretoria Yearbook 2018

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## Sports injuries 141 (EXE 141)

**Qualification** Undergraduate

**Faculty** [Faculty of Health Sciences](#)

**Module credits** 6.00

**Contact time** 3 lectures per week

**Language of tuition** Afrikaans and English are used in one class

**Department** 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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