

University of Pretoria Yearbook 2020

Sport injuries 141 (JXE 141)

Qualification Undergraduate

Faculty [Faculty of Education](#)

Module credits 10.00

Programmes [Higher Certificate Sports Science Education](#)

Prerequisites No prerequisites.

Contact time Supervised practicals of 20 hours

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Year

Module content

Bio-mechanic factors, causes of injuries, soft-tissue injuries, podiatry, first aid, massage, strapping and CPR. Supervised practice of 20 hours. The main focus of this module is on principles of first aid, causes of injuries, soft-tissue injuries, sport massage and fundamentals of strapping. Students must acquire a recognised first aid certificate before the end of their first year.

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