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# University of Pretoria Yearbook 2020

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## Sport injuries 141 (JXE 141)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Education</a>
<b>Module credits</b>	10.00
<b>Programmes</b>	<a href="#">Higher Certificate Sports Science Education</a>
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	Supervised practicals of 20 hours
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Humanities Education
<b>Period of presentation</b>	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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