

University of Pretoria Yearbook 2021

Sport injuries 141 (JXE 141)

Qualification	Undergraduate
Faculty	Faculty of Education
Module credits	10.00
NQF Level	05
Programmes	Higher Certificate in Sports Sciences
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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