

University of Pretoria Yearbook 2021

Higher Certificate in Sports Sciences (09110001)

Department Humanities Education

Minimum duration of study 1 year

Total credits 122

NQF level 05

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 BEd degree in the Faculty of Education, provided that a student is in possession of an NSC and complies with the minimum requirements for admission to a bachelor's degree.

Admission requirements

- The closing date is an administrative admission guideline for non-selection programmes. Once a non-selection programme is full and has reached the institutional targets, then that programme will be closed for further admissions, irrespective of the closing date. However, if the institutional targets have not been met by the closing date, then that programme will remain open for admissions until the institutional targets are met.
- The following persons will be considered for admission: Candidates who are in possession of a certificate that is deemed by the University to be equivalent to the required National Senior Certificate with university or diploma endorsement; candidates who are graduates from another tertiary institution or have been granted the status of a graduate of such an institution; and candidates who are graduates of another faculty at the University of Pretoria.
- Life Orientation is excluded when calculating the APS.
- As soon as candidates are admitted to the programme, they will be informed that they must register at the University in January of the following year. It is in the interest of prospective students, in particular those who need financial support and/or placement in a residence, to apply as soon as possible.
- English will be the only language of teaching and learning (in lectures, tutorials and assessments) for all academic modules.

Transferring students (Candidates who were previously registered at UP or at another university or tertiary institution)



Curriculum: Final year

Minimum credits: 120

Fundamental modules

Academic orientation 109 (UPO 109)

Module credits	0.00
NQF Level	00
Language of tuition	Module is presented in English
Department	Education Deans Office
Period of presentation	Year

Core modules

Life orientation 150 (JLO 150)

Module credits	12.00
NQF Level	05
Prerequisites	Admission to the relevant programme.
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Semester 1

Module content

The main focus of this module is on personal development and therefore the question: “Who am I?” is posed. The content is designed to focus on the student as individual and on the various factors that influence individual development. Students are guided to develop relevant knowledge, intrapersonal skills and attitudes to display resilient behaviour.

Literacies in education 150 (JLZ 150)

Module credits	6.00
NQF Level	05
Prerequisites	Admission to the relevant programme.
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Semester 2



Module content

The module focuses on producing academic texts. Students learn how to use different modes of writing, including description, discussion, cause and effect, explanation and argumentation. They learn how to plan, write and edit an academic essay using a process approach. Specific attention is paid to engaging with other authors, and referencing appropriately. The module also pays attention to formatting academic work and representing verbal information visually.

Literacies in education 151 (JLZ 151)

Module credits 6.00

NQF Level 05

Prerequisites Afrikaans Home Language 50% or English Home Language 50% OR English 1st Add Language 60% Admission to the relevant programme.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Semester 2

Module content

The module focuses on producing academic texts. Students learn how to use different modes of writing, including description, discussion, cause and effect, explanation and argumentation. They learn how to plan, write and edit an academic essay, using a process approach. Specific attention is paid to engaging with other authors, and referencing appropriately. The module also pays attention to formatting academic work and representing verbal information visually. Additional support is provided through practical tasks and discussions.

Human movement studies and sport management 114 (JMB 114)

Module credits 8.00

NQF Level 05

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Semester 1

Module content

The purposes of physical activities as well as theories and philosophies of movement are studied. In addition, the coaching of young athletes and the challenges facing the teacher as coach receive attention. The importance of planning as the first phase of sports management is emphasised.

Human movement studies and sport management 116 (JMB 116)

Module credits 8.00

NQF Level 05



Prerequisites	No prerequisites.
Contact time	1 lecture per week, Online hybrid supported
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Quarter 4

Module content

This module introduces the student to basic knowledge and understanding of motor development. Attention is also paid to the analysis of human motor growth and development in regular populations. Growth, maturation, physical activity and performance of children and adolescents as they progress from birth to young adulthood are included.

Human movement studies and sport management 125 (JMB 125)

Module credits	8.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Semester 2

Module content

In this module students are introduced to the structure and functions of systems in the human body. The skeletal system and the muscular system receive primary attention. Additionally, students acquire knowledge and skills in management – particularly organizational skills in the sports context.

Sports practical (Basic) 150 (JRC 150)

Module credits	32.00
NQF Level	05
Contact time	5 practicals per week
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Year

Module content

Sport-specific skills, team situation; rules and regulations, refereeing; game analysis; coaching. The main focus of this practical module is to provide students with exposure to exercise delivery techniques as well as provide valuable experience in the administrative duties for their selected sport. This will help the student to better understand the physical demands and the administrative responsibilities for their selected sport. Community Engagement / Service Learning.



Foundations of recreation and sports management 111 (JRM 111)

Module credits	8.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	3 lectures per week, Online hybrid supported
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	Semester 1

Module content

This module is a broad introduction to sport and recreation as products in the market. Students discover the nature of sport and recreation, the difference between the concepts and policies, plans, strategies and structures of sport and recreation in South Africa and Zone VI in Africa. The dynamic scope and nature of recreation and sports management are introduced and discussed. Emphasis is placed on basic management tasks and functions in sport and recreation contexts, interpersonal skills, leadership and control systems and techniques in sport and recreation. The module establishes a foundation of management knowledge and skills on which subsequent sport and recreation management modules are built.

Sport injuries 141 (JXE 141)

Module credits	10.00
NQF Level	05
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.

Fundamental nutrition 143 (JXE 143)

Module credits	8.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	1 lecture per week, Online hybrid supported
Language of tuition	Module is presented in English



Department Humanities Education

Period of presentation Quarter 3

Module content

This module introduces the student to the field of basic nutrition. The module addresses key concepts related to nutrients and their work in the body and describes the role of foods and nutrients in energy balance and physical activity. The module will cover various aspects of self-evaluation of the student athlete. It will take the student on a learning experience by application of sound nutrition principles: from assessment of current intake, correction of quantity of food, quality of food sources and meal planning to integrate theoretical aspects.

Exercise and training principles 151 (JXE 151)

Module credits 8.00

NQF Level 05

Prerequisites No prerequisites.

Contact time Online hybrid supported, Sport code dependent

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Year

Module content

The main focus of this practical module is to introduce students to coaching and adjudication. Students must acquire a recognised sport coaching, refereeing and umpiring certificate in their selected sport. Students will also be introduced to fundamentals of developing a sport conditioning programme.

Coaching professionalism 151 (JXP 151)

Module credits 8.00

NQF Level 05

Prerequisites No prerequisites.

Contact time 1 lecture per week, Online hybrid supported

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation Quarter 4

Module content

This module aims to introduce students to the principles that underpin coaching practices. The module will cover the importance of developing coaching philosophies, roles undertaken by a coach and skills needed in order to coach effectively. The aim of this module is further to equip students with skills of coaching holistically, on the sports field, during practice sessions, competitions and beyond for life.



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.