University of Pretoria Yearbook 2022

BScHons *Sports Science* (10243026)

Department	Biokinetics and Sports Science
Minimum duration of study	1 year
Total credits	120
NQF level	08

Programme information

The following requirements are set for completing the programme:

- Advanced instruction by means of self-tuition and compulsory seminars on topics assigned to the student.
- Practical experience of the laboratory techniques used in the particular subsections of the subject.
- Taking part in a research project and presentation of an independent research report.
- Satisfactory attendance at a library-user course.

Admission requirements

1. Relevant bachelor's (or equivalent) degree with at least one applicable biological subject as a major
2. A weighted average of at least 60% at final-year level

Additional requirements

The prerequisites for admission to the honours degree in certain fields of study are indicated in the syllabuses of the specific department.

Also consult General Academic Regulations G16-G29.

Examinations and pass requirements

i. The examinations in the programme will consist of written papers of three hours in each subject, practical examinations of one hour, as well as an oral examination of 30 minutes.
ii. The maximum period for completion of the honours degree, is two years in the case of full-time students and three years in the case of part-time students. In exceptional circumstances, a student may apply, in writing, to the head of department for an extension of the period of study.
iii. To comply with the pass requirements for the degree, a student must obtain a final mark of at least 50% in each division as indicated, as well as a pass mark of at least 50% for the essay/work assignment (if applicable). The stipulations regarding pass requirements for dissertations in the General Academic Regulations apply mutatis mutandis to essays.

Pass with distinction

The degree is conferred with distinction on a student who has obtained an average of at least 75% (not rounded) in the examination (written, oral, practical, etc).

Curriculum: Final year

Minimum credits: 120

Core modules

Applied nutrition in exercise and sport 702 (HNT 702)

Module credits	15.00
NQF Level	08
Contact time	1 hour per week
Language of tuition	Module is presented in English
Department	Human Nutrition
Period of presentation	Semester 1

Module content

Nutrition plays an important role to achieve optimal health and performance of athletes. In this module theoretical principals of sport nutrition are illustrated through practical application in sport specific scenarios. Sport nutrition-related phenomena are discussed, e.g.iron deficiency anaemia, female athlete triad, nutritional matters of gastro-intestinal distress in athletes, and nutritional approaches to changing anthropometric indicators.

Sports physiology 722 (MBK 722)

Module credits	25.00
NQF Level	08
Contact time	1 lecture per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Year

Module content

The module examines exercise physiology as applied in a sport science context and includes the normal and performance enhancement physiology of bio-energetics, adaptation of the body systems, environmental influences, ergogenic aids and special considerations such as aging, gender, genetics and fatigue.

(1 hour contact time per week with work assignments for the following week).

Sports science 723 (MBK 723)

Module credits	25.00
NQF Level	08
Contact time	1 lecture per week, 1 practical per week
Language of tuition	Module is presented in English

Department	Biokinetics and Sports Science
Period of presentation	Year

Module content

This subject promotes the detailed investigation of the theoretical basis of exercise testing for sport-related physical fitness and exercise prescription for improved sport performance, and includes a practical review of measurement and evaluation, exercise testing, exercise programme design and strength and conditioning skills and knowledge. The student will be expected to complete 20 hours of Sport First aid.

Biomechanics III 724 (MBK 724)

Module credits	25.00
NQF Level	08
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Semester 2

Module content

Advanced biomechanical methods are introduced, including three-dimensional kinematics, estimation of joint loading, and electromyography. These techniques will be applied in the analysis of sports techniques as they relate to performance enhancement and injury prevention.

Research III 702 (NMR 702)

Module credits	30.00
NQF Level	08
Prerequisites	None
Contact time	1 lecture per week
Language of tuition	Module is presented in English
Department	Biokinetics and Sports Science
Period of presentation	Year

Module content

In this module the focus will be on the execution of a research proposal and writing a research manuscript on the study executed, and the presentation of the research project which includes an introduction, literature survey, methodology, results and discussion, and conclusion and recommendations.

The General Academic Regulations (G Regulations) and General Student Rules apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations.