

University of Pretoria Yearbook 2025

Higher Certificate in Sports Sciences (UPOnline) Part-time (09110003)

Department Humanities Education

Minimum duration of study 2 years

Total credits 122

NQF level 05

Programme information

The purpose of the fully online Higher Certificate in Sports Sciences is to develop sport coaches and administrators who can function successfully in an interdisciplinary environment. The aim of the qualification is to equip students with applied competencies required to work within education settings to provide physical education through sport programmes and to promote principles of good management in sport, in order to improve athletes' and sports teams' performances. The qualification further serves to provide students with basic introductory knowledge, and cognitive and conceptual tools and practical techniques required for higher education studies in sports sciences and education. The theoretical and practical learning provides students with understanding and skill sets required to promote and manage development of sport organisations and physical education. On completion of this qualification students will have knowledge, skills and values related to the scope of physical education, sport coaching and sport management required to develop sporting codes for extramural programmes. This will prepare students for employment as trainers and coaches in various sporting codes, in the private and public sectors in the context of community sport clubs, school sport and sport coaching.

Information about UPOne programmes:

- The UPOne programmes are presented and assessed fully online.
- UPOne programmes allow access to programme material and class interaction on any device provided that a stable internet connection is available.
- The UPOne modules have dedicated facilitators and student success coordinators ready to motivate, support and assist students with any queries they may have.
- UPOne programmes have been designed to provide a highly interactive learning environment which may include live chats, discussion forums and online video communication.
- These programmes are structured with six enrolment opportunities per year.
- Payment can be made per module.

Admission requirements

Important information for all prospective students

The admission requirements below apply to all who apply for admission to the University of Pretoria with a **National Senior Certificate (NSC) and Independent Examination Board (IEB) qualifications**. [Click](#)



[here](#) for this Faculty Brochure.

Minimum requirements	
Achievement level	
English Home Language or English First Additional Language	APS
NSC/IEB	
4	
	20

***Students must have access, at least on a part-time basis, to schools, sports clubs and/or accredited training facilities which are suitable for the proposed field of specialisation.**

Life Orientation is excluded when calculating the APS.

Applicants who have completed Grade 12 must apply with their final NSC or equivalent qualification results.

Please note that meeting the minimum academic requirements does not guarantee admission.

Successful candidates will be notified once admitted.

Applicants should check their application status regularly on the UP Student Portal at [click here](#).

Additional requirements

Computer literacy

The University of Pretoria makes use of Blackboard, branded as clickUP, which is an online system that provides a workspace for students, providing students with the information and the connections needed.

ClickUP contains study material as well as a simple, convenient, and reliable web conferencing and virtual classroom solutions specifically built for education and training. ClickUP is accessible via a web browser mobile device, or tablet and has a useful student guide.

Students are required to have some technical and digital literacy skills such as the ability to:

- navigate the University's eLearning environment (ClickUP);
- use the email service in the LMS;
- manage digital files: create, store, upload and attach files to assignment submissions (using applications such as MS Word, MS Excel, MS PowerPoint);
- use the Library website and databases for research and make use of proper referencing techniques;
- use a webcam, upload videos or audio files, use social media for communication or to collaborate electronically; and
- download and install software and applications.

Other programme-specific information

The HCert (Sports Sciences) programme consists of 11 compulsory modules at NQF level 5. Two theoretical modules will be presented as fixed start module alternatively, namely Literacies in Education and Personal development and life skills training. The practical aspect, Sports Practical module is also presented as a fixed start modules. The Sports Practical module is a work-integrated learning (WIL) module, which must be completed by the time the student concludes all the theoretical modules of the programme. The student must complete all the compulsory modules to meet the 122-credit requirement for the qualification. All modules in the online programme will be offered fully online while the face-to-face programme will be offered in a blended mode on

campus.

WIL information

The 32-credit Sports Practical module will provide students with the opportunity to engage in work integrated learning. Students will compile a portfolio of evidence over the year-long module.

Examinations and pass requirements

Continuous assessment will be implemented throughout the programme allowing for multiple assessment opportunities, frequent feedback and a diversity of assessment tasks, such as discussion forums, quizzes, journal entries, assignments, and/or a portfolio of evidence. Students must obtain a minimum of 50% for each module in order to pass the programme.

Pass with distinction

The higher certificate is awarded with distinction to a student who has obtained an overall weighted average (GPA) of 75% or higher for the HCert programme. This includes the sport practical module.



Curriculum: Year 1

Minimum credits: 122

The HCert (Sports Sciences) programme consists of 11 compulsory modules at NQF level 5. Literacies in education, Personal development and life skills, and Sports practical are fixed start modules. The Sports practical module is a work-integrated learning (WIL) module which must be completed within two years. The student must complete all the compulsory modules to meet the 122-credit requirement for the qualification. All modules will be offered online.

Fundamental modules

Personal development and life skills training 180 (JLO 180) - Credits: 12.00

Literacies in education 180 (JLZ 180) - Credits: 12.00

Core modules

Sports and physical education management 118 (JMB 118) - Credits: 8.00

Human motor skills development 119 (JMB 119) - Credits: 8.00

Basic human anatomy and physiology 128 (JMB 128) - Credits: 8.00

Sports practical 180 (JRC 180) - Credits: 32.00

Foundations of recreation 118 (JRM 118) - Credits: 8.00

Sport injuries 180 (JXE 180) - Credits: 10.00

Fundamental nutrition 181 (JXE 181) - Credits: 8.00

Exercise and training principles 190 (JXE 190) - Credits: 8.00

Coaching professionalism 180 (JXP 180) - Credits: 8.00

Curriculum: Final year

Minimum credits: 122

The HCert (Sports Sciences) programme consists of 11 compulsory modules at NQF level 5. Literacies in education, Personal development and life skills, and Sports practical are fixed start modules. The Sports practical module is a work-integrated learning (WIL) module which must be completed within two years. The student must complete all the compulsory modules to meet the 122-credit requirement for the qualification. All modules will be offered online.

Fundamental modules

Personal development and life skills training 180 (JLO 180) - Credits: 12.00

Literacies in education 180 (JLZ 180) - Credits: 12.00

Core modules

Sports and physical education management 118 (JMB 118) - Credits: 8.00

Human motor skills development 119 (JMB 119) - Credits: 8.00

Basic human anatomy and physiology 128 (JMB 128) - Credits: 8.00

Sports practical 180 (JRC 180) - Credits: 32.00

Foundations of recreation 118 (JRM 118) - Credits: 8.00

Sport injuries 180 (JXE 180) - Credits: 10.00

Fundamental nutrition 181 (JXE 181) - Credits: 8.00

Exercise and training principles 190 (JXE 190) - Credits: 8.00

Coaching professionalism 180 (JXP 180) - Credits: 8.00

General Academic Regulations and Student Rules

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. The G Regulations are updated annually and may be amended after the publication of this information.

Regulations, degree requirements and information

The faculty regulations, information on and requirements for the degrees published here are subject to change and may be amended after the publication of this information.

University of Pretoria Programme Qualification Mix (PQM) verification project

The higher education sector has undergone an extensive alignment to the Higher Education Qualification Sub-Framework (HEQSF) across all institutions in South Africa. In order to comply with the HEQSF, all institutions are legally required to participate in a national initiative led by regulatory bodies such as the Department of Higher Education and Training (DHET), the Council on Higher Education (CHE), and the South African Qualifications

Authority (SAQA). The University of Pretoria is presently engaged in an ongoing effort to align its qualifications and programmes with the HEQSF criteria. Current and prospective students should take note that changes to UP qualification and programme names, may occur as a result of the HEQSF initiative. Students are advised to contact their faculties if they have any questions.