



University of Pretoria Yearbook 2025

Higher Certificate in Sports Sciences (09110004)

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

Important information for all prospective students for 2025

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 (50-59%)	20

Life Orientation is excluded when calculating the APS.

Applicants currently in Grade 12 must apply with their final Grade 11 (or equivalent) results.

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 or conditionally admitted.

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

***Admission to the Bachelor of Education with a Higher Certificate in Sports Sciences**

Applicants who obtained a Diploma Studies endorsement for the NSC or equivalent qualification, may be considered for admission to the Bachelor of Education in Senior Phase and Further Education and Training (FET) Teaching degree), with specialisation in the elective combination of Human Movement Studies and Sports Management, once they have successfully completed the Higher Certificate in Sports Sciences with a cumulative weighted average of at least 60% (excluding JRC 150 Sports Practical).

Applicants with qualifications other than the abovementioned should refer to the International undergraduate prospectus 2025: Applicants with a school leaving certificate not issued by Umalusi (South Africa), available at [click here](#).

International students: [Click here](#).

Transferring students

A transferring student is a student who, at the time of applying at the University of Pretoria (UP) is/was a registered student at another tertiary institution. A transferring student will be considered for admission based on NSC or equivalent qualification and previous academic performance. Students who have been dismissed from other institutions due to poor academic performance will not be considered for admission to UP.

Closing dates: Same as above.

Returning students

A returning student is a student who, at the time of application for a degree programme is/was a registered student at UP, and wants to transfer to another degree at UP. A returning student will be considered for admission based on NSC or equivalent qualification and previous academic performance.

Note:

- Students who have been excluded/dismissed from a faculty due to poor academic performance may be considered for admission to another programme at UP, as per faculty-specific requirements.
- Only ONE transfer between UP faculties and TWO transfers within a faculty will be allowed.
- Admission of returning students will always depend on the faculty concerned and the availability of space in the programmes for which they apply.

Closing date for applications from returning students

Same as above.



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

Personal development and life skills training 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.

Sports and physical education 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 motor skills development 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.

Basic human anatomy and physiology 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. To pass the Sports Practical module, students must acquire 50% for the section on First Aid in the module, obtain at least 50% for all of the assignments and prescribed activities, and provide proof by handing in a logbook and multimedia evidence of their involvement at a facility.

Foundations of recreation 111 (JRM 111)

Module credits 8.00

NQF Level 05

Prerequisites No prerequisites.

Contact time Online hybrid supported, 3 lectures per week

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

The purpose of this module is to introduce students to the principles of injury prevention, management and risk related to sports injuries. This module also incorporates basic first aid management as well as the management and referral guidelines for athletes with injuries and with the aim of providing a current and well-guided understanding of best practice for the individual working within sport environment.



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 will encounter a section pertaining to the basic principles and practices of sports coaching and refereeing. In addition, they are encouraged to obtain 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.

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.