

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)

Module credits	12.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Early Childhood Education
Period of presentation	UPOnline Short Intake

Module content

The purpose of this module is to ensure that students acquire the necessary knowledge, skills, values and attitudes that will enable them to meaningfully and successfully cope with the demands of everyday life, and maintain a balance between academic and social life. The module emphasises the need for students to display resilience by responding to situations and events in a positive and focused manner. This module focuses on the personal development of the student as an individual and the various interrelated factors which influence self-development. The content is designed to encourage students' personal, social, intellectual, emotional and physical growth. This includes highlighting positive emotional states, traits, constructs, theories and measurements for application in various phases of life and in different contexts.

Literacies in education 180 (JLZ 180)

Module credits	12.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake



Module content

This module aims to enable students to effectively listen, speak, read and write for academic understanding. Students will have the opportunity to build an academic and professional vocabulary in order to read a variety of material with comprehension for academic and professional purposes and to produce coherent academic texts. The module focuses on basic language structures, reading strategies and writing skills. In addition, students will be equipped to access, reference and present information in a visually appropriate manner.

Core modules

Sports and physical education management 118 (JMB 118)

Module credits	8.00
NQF Level	05
Prerequisites	JLZ 180, JLO 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The main purpose of this module is to introduce the student to the field of sport and physical education and the management thereof. The functions of management will be applied to the sport and physical education industry in particular. The module provides a comprehensive overview of fundamental management functions. Placing a continual in-depth focus on planning, organisations, and leading of sport and physical education organizations.

Human motor skills development 119 (JMB 119)

Module credits	8.00
NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The Human motor skills development module will introduce students to the concepts of development, maturation, and growth associated with human development. Students will be able to define concepts related to human motor development, and describe stages of motor development and motor learning upon completion of the module. Attention is also paid to games in the school context.

Basic human anatomy and physiology 128 (JMB 128)

Module credits	8.00
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NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The purpose of this module is to develop the student's knowledge and understanding of basic human anatomy and physiology. Students will have a basic knowledge of the different human physiological systems and functions which contribute to the substance of human life, including the circulatory; musculo- skeletal; respiratory, digestive and nervous system. Students will be able to apply their knowledge in exercise physiology.

Sports practical 180 (JRC 180)

Module credits	32.00
NQF Level	05
Prerequisites	Simultaneous with JLZ 180 or JLO 180.
Contact time	52 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Year Intake

Module content

The purpose of the Sports practical module is to prepare students professionally for the diverse world of sport with all its job opportunities. This module attempts to equip students with the knowledge and skills needed to provide professional services within the sports industry. Students are provided with experiences that bridge the gap between theory and practice while exposing them to a diverse list of topics and issues that characterize the sports industry. 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 118 (JRM 118)

Module credits	8.00
NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake



Module content

Foundations of recreation provides students with a broad introduction to recreation. An overview of leisure, recreational activities, and key aspects of recreation will be addressed. Students will discover the difference between the concepts and policies, plans, strategies and structures of sport and recreation. The dynamic scope and nature of recreation is introduced.

Sport injuries 180 (JXE 180)

Module credits 10.00

NQF Level 05

Prerequisites JLO 180, JLZ 180

Contact time 8 weeks fully online

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation UPOnline Short Intake

Module content

The purpose of this module is to introduce students to the principles of injury prevention, management and risk related to sports injuries. Principles of first aid, causes of injuries, soft-tissue injuries, sport massage and fundamentals of strapping will be covered. 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 a sport environment.

Fundamental nutrition 181 (JXE 181)

Module credits 8.00

NQF Level 05

Prerequisites JLO 180, JLZ 180

Contact time 8 weeks fully online

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation UPOnline Short Intake

Module content

This module examines key concepts related to nutrients in food and their function(s) in the body; and describes the role of foods and nutrients in energy balance and physical activity. The student will be able to identify quackery, interpret food labels and apply basic nutrition principles in advising athletes towards optimal dietary intake.

Exercise and training principles 190 (JXE 190)

Module credits 8.00

NQF Level 05



Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The purpose of this practical module is to introduce students to the principles of training and conditioning, and how to apply these principles in planning a training programme. It further assists the students in becoming young coaches with strong communication skills, the ability to manage athletes positively and build relationships with persons involved in sport. 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.

Coaching professionalism 180 (JXP 180)

Module credits	8.00
NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

Coaching professionalism 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. Coaches are influential in creating positive and achievement-oriented sport environments and the development of a sound philosophy is the key to successful coaching.



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)

Module credits	12.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Early Childhood Education
Period of presentation	UPOnline Short Intake

Module content

The purpose of this module is to ensure that students acquire the necessary knowledge, skills, values and attitudes that will enable them to meaningfully and successfully cope with the demands of everyday life, and maintain a balance between academic and social life. The module emphasises the need for students to display resilience by responding to situations and events in a positive and focused manner. This module focuses on the personal development of the student as an individual and the various interrelated factors which influence self-development. The content is designed to encourage students' personal, social, intellectual, emotional and physical growth. This includes highlighting positive emotional states, traits, constructs, theories and measurements for application in various phases of life and in different contexts.

Literacies in education 180 (JLZ 180)

Module credits	12.00
NQF Level	05
Prerequisites	No prerequisites.
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake



Module content

This module aims to enable students to effectively listen, speak, read and write for academic understanding. Students will have the opportunity to build an academic and professional vocabulary in order to read a variety of material with comprehension for academic and professional purposes and to produce coherent academic texts. The module focuses on basic language structures, reading strategies and writing skills. In addition, students will be equipped to access, reference and present information in a visually appropriate manner.

Core modules

Sports and physical education management 118 (JMB 118)

Module credits	8.00
NQF Level	05
Prerequisites	JLZ 180, JLO 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The main purpose of this module is to introduce the student to the field of sport and physical education and the management thereof. The functions of management will be applied to the sport and physical education industry in particular. The module provides a comprehensive overview of fundamental management functions. Placing a continual in-depth focus on planning, organisations, and leading of sport and physical education organizations.

Human motor skills development 119 (JMB 119)

Module credits	8.00
NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The Human motor skills development module will introduce students to the concepts of development, maturation, and growth associated with human development. Students will be able to define concepts related to human motor development, and describe stages of motor development and motor learning upon completion of the module. Attention is also paid to games in the school context.

Basic human anatomy and physiology 128 (JMB 128)

Module credits	8.00
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NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The purpose of this module is to develop the student's knowledge and understanding of basic human anatomy and physiology. Students will have a basic knowledge of the different human physiological systems and functions which contribute to the substance of human life, including the circulatory; musculo- skeletal; respiratory, digestive and nervous system. Students will be able to apply their knowledge in exercise physiology.

Sports practical 180 (JRC 180)

Module credits	32.00
NQF Level	05
Prerequisites	Simultaneous with JLZ 180 or JLO 180.
Contact time	52 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Year Intake

Module content

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Foundations of recreation 118 (JRM 118)

Module credits	8.00
NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake



Module content

Foundations of recreation provides students with a broad introduction to recreation. An overview of leisure, recreational activities, and key aspects of recreation will be addressed. Students will discover the difference between the concepts and policies, plans, strategies and structures of sport and recreation. The dynamic scope and nature of recreation is introduced.

Sport injuries 180 (JXE 180)

Module credits 10.00

NQF Level 05

Prerequisites JLO 180, JLZ 180

Contact time 8 weeks fully online

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation UPOnline Short Intake

Module content

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Fundamental nutrition 181 (JXE 181)

Module credits 8.00

NQF Level 05

Prerequisites JLO 180, JLZ 180

Contact time 8 weeks fully online

Language of tuition Module is presented in English

Department Humanities Education

Period of presentation UPOnline Short Intake

Module content

This module examines key concepts related to nutrients in food and their function(s) in the body; and describes the role of foods and nutrients in energy balance and physical activity. The student will be able to identify quackery, interpret food labels and apply basic nutrition principles in advising athletes towards optimal dietary intake.

Exercise and training principles 190 (JXE 190)

Module credits 8.00

NQF Level 05



Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

The purpose of this practical module is to introduce students to the principles of training and conditioning, and how to apply these principles in planning a training programme. It further assists the students in becoming young coaches with strong communication skills, the ability to manage athletes positively and build relationships with persons involved in sport. 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.

Coaching professionalism 180 (JXP 180)

Module credits	8.00
NQF Level	05
Prerequisites	JLO 180, JLZ 180
Contact time	8 weeks fully online
Language of tuition	Module is presented in English
Department	Humanities Education
Period of presentation	UPOnline Short Intake

Module content

Coaching professionalism 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. Coaches are influential in creating positive and achievement-oriented sport environments and the development of a sound philosophy is the key to successful coaching.

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.