### Department of Sport, Rehabilitation and Dental Sciences

#### Subject/Module information (Overview of Syllabus)

The syllabus content is subject to change to accommodate industry changes. Please note: A more detailed syllabus is available at the department or in the study guide that is applicable to a particular subject. On 29 April 2016, the syllabus content was defined as follows:

<table>
<thead>
<tr>
<th>Module Name</th>
<th>Credit Hours</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>1 X 3-HOUR PAPER</td>
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<tr>
<td><strong>ADVANCED EXERCISE AND PHYSICAL EVALUATION IV (AXP400T)</strong></td>
<td></td>
<td>Students who successfully complete this subject will be competent in the physiological and anatomical evaluation and assessment of sports people and people suffering from various pathologies. The student will be equipped to identify various strengths and weaknesses and interpret test results effectively in order to prescribe the necessary interventions. This includes both field and laboratory tests, and advanced techniques such as isokinetic testing, pulmonary function testing, EMG and ECG. (Total tuition time: ± 75 hours)</td>
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<tr>
<td><strong>ADVANCED SPORT AND EXERCISE TECHNOLOGY IV (ASE400T)</strong></td>
<td></td>
<td>This subject comprehensively covers the principles associated with safe and effective training and conditioning. In addition, a wide variety of case studies and the latest article and journal investigations enable the student to adopt an eclectic and pragmatic approach to the dynamic field of exercise technology. Students are equipped to complete internationally recognised certificate of the National Strength and Conditioning Association (NSCA) (USA), namely the Certified Strength and Conditioning Specialist (CSCS) certificate. (Total tuition time: ± 108 hours)</td>
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<tr>
<td><strong>ADVANCED SPORT PHYSICAL EVALUATION IV (AVS400T)</strong></td>
<td>CONTINUOUS ASSESSMENT</td>
<td>Students who have successfully completed this subject will be competent in the physiological testing and evaluation of sports people. This includes both laboratory and field tests, covering all possible performance-enhancing components. Students will be equipped to identify the strengths and weaknesses of an athlete and to interpret test data effectively in order to prescribe the necessary interventions. (Total tuition time: ± 162 hours)</td>
</tr>
<tr>
<td><strong>APPLIED ANATOMY IV (ALN400T)</strong></td>
<td>1 X 3-HOUR PAPER</td>
<td>Students will learn the fundamental anatomical principles underlying the objective evaluation of joints, muscle, posture, and pain. These include joint and anatomical palpation techniques, assessment techniques for generalised joint range of motion and isolated muscle flexibility and strength assessment. Students will further gain a working knowledge of neural plexuses, spinal nerves, and the composition of muscle charts. Basic radiological/imaging interpretive skills will also be covered to aid the practitioner with the correct assessment of various bone and soft tissue conditions. (Total tuition time: ± 75 hours)</td>
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<tr>
<td><strong>ANATOMY, PHYSIOLOGY AND KINESIOLOGY I (APK120T)</strong></td>
<td>1 X 3-HOUR PAPER</td>
<td>An introduction to the various skeletal and muscular systems. (Total tuition time: ± 108 hours)</td>
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<tr>
<td><strong>ANATOMY, PHYSIOLOGY AND KINESIOLOGY I (APK121T)</strong></td>
<td>1 X 3-HOUR PAPER</td>
<td>An introduction to the anatomy, kinesiology and physiology of the muscular system and a complete study of the anatomy of the skeletal, joint and nervous systems that forms the basis in the field of orthotics and prosthetics. (Total tuition time: ± 120 hours)</td>
</tr>
<tr>
<td><strong>ANATOMY, PHYSIOLOGY AND KINESIOLOGY II (APK221T)</strong></td>
<td>1 X 3-HOUR PAPER</td>
<td>A study of the most important skeletal, muscular and vascular systems, as well as the nervous system. (Total tuition time: ± 120 hours)</td>
</tr>
</tbody>
</table>
APPLIED DENTAL TECHNOLOGY I (ANT100T)  PRACTICAL EVALUATION
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
The manufacturing of all types of full dentures. The use and handling of materials and equipment that is important in prosthetic work. (Total tuition time: ± 544 hours)

APPLIED DENTAL TECHNOLOGY II (ANT200T)  PRACTICAL EVALUATION
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
The design and manufacture of all types of dentures, orthodontic appliances and mouth guards. These include clinical work received from the clinics. Full metal crowns, temporary crowns and posts are also constructed. (Total tuition time: ± 816 hours)

APPLIED DENTAL TECHNOLOGY III (ANT300T)  PRACTICAL EVALUATION
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
The construction of full metal crowns and bridges with acrylic veneers, as well as metal constructions for porcelain crowns, prosthetics, orthodontics and cobalt chrome. (Total tuition time: ± 850 hours)

APPLIED PSYCHOLOGY AND PHARMACOLOGY II (TSF200T)  CONTINUOUS ASSESSMENT
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Social development of rehabilitation patients and an introduction to and understanding of basic medicine. (Total tuition time: ± 60 hours)

APPLIED SPORT PSYCHOLOGY IV (APS400T)  1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
This subject aims to provide the student with an in-depth overview of sport and exercise psychology, bridge the gap between research and practice, convey fundamental principles of professional sport psychology practice, and capture some of the excitement of the world of sport and exercise, such as counseling styles, the psychology of injuries, mental skills profiling, psychological well-being, suicide, etc. (Total tuition time: ± 54 hours)

ATHLETE DEVELOPMENT IV (ALV400T)  1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*

B

BASIC CONCEPTS OF ORTHOPAEDICS III (BCO301T)  1 X 2-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
The most important abnormalities and deformities of the body, as well as pre- and post-operative procedures. (Total tuition time: ± 120 hours)

BUSINESS PRACTICE I (BNP110B)  1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Basic accounting, as well as the layout of offices and the management and administration of a business. (Total tuition time: ± 68 hours)

BUSINESS PRACTICE I (BNP110T)  CONTINUOUS ASSESSMENT
*(Subject custodian: Department of Management and Entrepreneurship)*
Basic management skills, dealing with conflict, marketing, personnel management, stock control and cash flow. (Total tuition time: ± 30 hours)

BUSINESS PRACTICE II (BNP200B)  1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
A study of basic management skills, how to handle conflict, marketing, personnel management, stock control and cash flow. (Total tuition time: ± 68 hours)
CLINICAL EXERCISE SCIENCE IV (CCX400T)  1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

The student will cover the theoretical and practical skills of the guidelines for exercise testing and prescription of the American College of Sports Medicine, including the areas of health appraisal, risk assessment, the safety of exercise and exercise testing and prescription. Following this introduction, students will cover the essentials of pathophysiology, starting with the foundations and concepts in pathophysiology, and covering the pathophysiology of the most common chronic and acute systemic conditions. Finally, exercise management for persons with chronic diseases and disabilities, including considerations regarding physical activity for children and the youth, considerations regarding physical activity during pregnancy and post-partum, cardiovascular diseases, pulmonary diseases, metabolic diseases, immunological/hematological diseases, orthopaedic diseases and disabilities, neuromuscular disorders, cognitive, psychological and sensory disorders. (Total tuition time: ± 75 hours)

CLINICAL ORTHOPAEDIC MANAGEMENT IV (CNO400T)  1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Both the theoretical knowledge and clinical skills to assess and successfully manage acute traumatic and overuse orthopaedic and sport injuries will be covered in this section. Special consideration will be given to the rehabilitation and management of musculoskeletal injuries, encompassing the prognoses and goals of rehabilitation, the various tools of rehabilitation, and scientific rehabilitation techniques for specific injuries. (Total tuition time: ± 75 hours)

COACHING EFFECTIVENESS AND ANALYSIS IV (CEY400T)  1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Analysis of coaching effectiveness. Analysis of the game. Development and implementation of strategies to improve coaching effectiveness. Performance analysis. Designing training plans and programmes and competition strategies. (Total tuition time: ± 51 hours)

COACHING MANAGEMENT IV (CHA400T)  1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)


COACHING SCIENCE: COACHING PRACTICAL II (CSI20PT)  PRACTICAL EXAMINATION

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Basic coaching methods, styles and their analysis, communication skills in coaching, safety in sport training and competition, team preparation and coaching techniques for junior athletes. (Total tuition time: ± 75 hours)

COACHING SCIENCE: COACHING PRACTICAL III (CSI30PT)  PRACTICAL EXAMINATION

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Sport event organisation and management, advanced coaching methods and communication skills, design and implementation of coaching programmes for pre-, in- and off-seasons, sport accident prevention and safety, sport coaching ethics, practical application of psychological skills in sport coaching. (Total tuition time: not available)

COACHING SCIENCE: THEORY II (CSI20QT)  1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Foundations of coaching. Planning coaching sessions. Seasonal coaching principles. Scientific training principles. (Total tuition time: ± 70 hours)

COACHING SCIENCE: THEORY III (CSI30QT)  1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Analysis of performance in team sports and individual sports. Career coaching principles. Coaching for optimal performance. (Total tuition time: ± 70 hours)

COMMUNICATION I (CEN150T)  1 X 3-HOUR PAPER

(Subject custodian: Department of Applied Languages)

Basic communication skills and professionalism. (Total tuition time: ± 68 hours)
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<tr>
<th>Course Code</th>
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<th>Credits</th>
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<tbody>
<tr>
<td>DAP105C, DAP110T</td>
<td>DENTAL ASSISTING PRACTICAL I</td>
<td></td>
<td>General orientation and maintenance of the dental surgery, clinical asepsis, clinical dental disciplines, the processing of X-ray film, the preparation of dental materials. (Total tuition time: ± 110 hours)</td>
</tr>
<tr>
<td>DAT11PT, TDA115C</td>
<td>DENTAL ASSISTING THEORY: DENTAL ASSISTING I</td>
<td>1</td>
<td>Dental terminology, disinfection and sterilisation, anesthetics, dental disciplines and dental materials. (Total tuition time: ± 80 hours)</td>
</tr>
<tr>
<td>DAT11QT, TDR125C</td>
<td>DENTAL ASSISTING THEORY: DENTAL RADIOGRAPHY I</td>
<td>1</td>
<td>Basic principles of X-rays, principles of radiographic examination techniques and preventive methods. (Total tuition time: ± 80 hours)</td>
</tr>
<tr>
<td>DMS100T</td>
<td>DENTAL MATERIALS SCIENCE I</td>
<td>1</td>
<td>Dental materials such as gypsum, wax, impression material, acrylics and abrasive and polishing agents. Basic chemistry and physics applicable to dental materials. (Total tuition time: ± 68 hours)</td>
</tr>
<tr>
<td>DMS200T</td>
<td>DENTAL MATERIALS SCIENCE II</td>
<td>1</td>
<td>Dental materials such as inlay material. Dental alloys and physical properties of materials. Basic chemistry and physics that apply to dental materials. (Total tuition time: ± 68 hours)</td>
</tr>
<tr>
<td>DMS300T</td>
<td>DENTAL MATERIALS SCIENCE III</td>
<td>1</td>
<td>A continuation of the study of dental materials. Implants, cross-infection and safety in the laboratory. Basic chemistry and physics that apply to dental materials. (Total tuition time: ± 68 hours)</td>
</tr>
<tr>
<td>DMS400T</td>
<td>DENTAL MATERIALS SCIENCE IV</td>
<td>1</td>
<td>A continuation of the study of dental materials, especially metals and precious metals used in metal constructions for porcelain crowns and bridges. Health hazards in the dental laboratory. Basic chemistry and physics that apply to dental materials. (Total tuition time: ± 68 hours)</td>
</tr>
<tr>
<td>DPM105C, DPM100T</td>
<td>DENTAL PRACTICE MANAGEMENT I</td>
<td>1</td>
<td>Introduction to dentistry, working area, telephone technique, appointments, records and filing, mail, finance and dental stock, human relations, ethics and jurisprudence, introduction to computer literacy. (Total tuition time: ± 80 hours)</td>
</tr>
<tr>
<td>DTN410T</td>
<td>DENTAL TECHNOLOGY IV</td>
<td>1</td>
<td>Theory and practice of crown and bridge work, orthodontic and surgical equipment, including full metal crowns, porcelain crowns, orthodontic apparatus and maxillary-facial prostheses. (Total tuition time: ± 986 hours)</td>
</tr>
<tr>
<td>DTT100T</td>
<td>DENTAL TECHNOLOGY THEORY I</td>
<td>1</td>
<td>Theory of the construction of full dentures. (Total tuition time: ± 136 hours)</td>
</tr>
<tr>
<td>DTT200T</td>
<td>DENTAL TECHNOLOGY THEORY II</td>
<td>1</td>
<td>Theory of the construction of orthodontic appliances, as well as partial dentures and full metal crowns and bridges, temporary crowns and posts. (Total tuition time: ± 102 hours)</td>
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<tr>
<td>Course Code</td>
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<td>Credits</td>
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<tr>
<td>DTT300T</td>
<td>DENTAL TECHNOLOGY THEORY III</td>
<td>3</td>
<td>Theory of crown and bridge work, including full metal crowns with acrylic veneers and metal constructions for porcelain crowns and bridges. (Total tuition time: ± 136 hours)</td>
</tr>
<tr>
<td>HSN300T</td>
<td>HEALTH SCIENCES III</td>
<td>3</td>
<td>A study of the interaction between nutrition, exercise and health. The emphasis is on general terminology and optimum nutrition for active people. Interdependent factors associated with obesity are studied, as well as the effectiveness of diet and exercise as treatment. Lastly, attention is given to the development of muscle strength and cardiovascular health. (Total tuition time: ± 108 hours)</td>
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<tr>
<td>HMS200T</td>
<td>HUMAN MOVEMENT STUDIES II</td>
<td>3</td>
<td>A study of motor learning (motor skill acquisition) from a behavioural and physiological perspective. The emphasis is on issues that are particularly relevant for application to human motor skill learning (e.g. sport skills acquisition) and exercise performance situations in a variety of contexts. Biodynamics of physical activity. Dynamics of motor skills acquisition. Physical growth and motor development (tactile development, vestibular system, bilateral integration, motor planning: fine and gross, perception). (Total tuition time: ± 108 hours)</td>
</tr>
<tr>
<td>JUR100T</td>
<td>JURISPRUDENCE I</td>
<td>3</td>
<td>Legal aspects of dental technology in South Africa. (Total tuition time: ± 68 hours)</td>
</tr>
<tr>
<td>KIN200T</td>
<td>KINESIOLOGY II</td>
<td>3</td>
<td>Kinesiology is the study of human movement in the physical sciences. The study of the human body as an organism for performing work is rooted in three major areas of study, namely mechanics, anatomy and physiology. The following aspects are highlighted: Biomechanics: description of human motion. Condition of linear motion. Condition of rotary motion. Centre of gravity and stability. Musculoskeletal anatomy: the upper extremities (shoulders and elbows). The lower extremities (hips, knees and ankles). The spinal column and thorax. Neuromuscular physiology (skills): standing posture. Kinesiology of fitness and exercise. Throwing, striking and kicking skills. Movement on solid surfaces. Movement in the aquatic environment. Movement when suspended and free of support. The accumulated knowledge of these fields forms the foundation of the study of human movement. (Total tuition time: ± 108 hours)</td>
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<tr>
<td>MRK140T</td>
<td>MARKETING I</td>
<td>3</td>
<td>Introduction to marketing and the market in which businesses function. Background to the functional interaction between the marketing department and the other departments in an organisation. Directives are given on dealing with case studies and the subject terminology used in marketing. An introduction to entrepreneurship. The decision-making areas of the marketing strategy, namely the product, price, distribution, and marketing communication, are studied in depth. (Total tuition time: ± 72 hours)</td>
</tr>
<tr>
<td>OAT101T</td>
<td>ORAL ANATOMY I</td>
<td>2</td>
<td>The study of the bone structures, muscles, joints and nervous system of the human skull. (Total tuition time: ± 68 hours)</td>
</tr>
</tbody>
</table>
ORAL ANATOMY AND PATHOLOGY I (OAP100T, OAP105C)  1 X 3-HOUR PAPER
(Module/subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Anatomical landmarks in dentistry, salivary glands, muscles, blood and nerve supply, development of the face and oral cavity, oral microbiology, oral pathology, elementary pharmacology, clinical emergencies. (Total tuition time: ± 80 hours)

ORTHOTICS AND PROSTHETICS MATERIAL SCIENCE I (OPS101T)  1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
The different types of materials that can be used in orthotics and prosthetics. (Total tuition time: ± 72 hours)

ORTHOTICS AND PROSTHETICS MATERIAL SCIENCE II (OPS201T)  1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
The most important materials currently used in practice (e.g. plastic, POP, metals) are covered in detail. (Total tuition time: ± 92 hours)

ORTHOTICS AND PROSTHETICS PRACTICE I (OPC101T) CONTINUOUS ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Students will apply their theoretical knowledge to manufacture the different orthoses and prostheses. (Total tuition time: ± 240 hours)

ORTHOTICS AND PROSTHETICS PRACTICE II (OPC211T) CONTINUOUS ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Students will apply in practice what they learned in theory in Orthotics II and Prosthetics II. (Total tuition time: ± 240 hours)

ORTHOTICS AND PROSTHETICS PRACTICE III (OPC311T) CONTINUOUS ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Splints, braces and upper-limb prostheses are manufactured. (Total tuition time: ± 240 hours)

ORTHOTICS AND PROSTHETICS THEORY IV (ORP400T) CONTINUOUS ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Advanced orthotic and prosthetic devices and the related theory. (Total tuition time: ± 30 hours)

ORTHOTICS THEORY I (OTT101T)  1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
The theory of the manufacturing of lower-limb splints (orthoses) from metal or plastic, and the manufacturing of bow orthoses. (Total tuition time: ± 120 hours)

ORTHOTICS THEORY II (OTT201T)  1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
The theory of the manufacturing of long leg callipers, hand and arm splints (orthoses). (Total tuition time: ± 102 hours)

ORTHOTICS THEORY III (OTT301T)  1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Theory of the manufacturing of spinal braces, neck braces, corsets and hernial trusses. (Total tuition time: ± 120 hours)

PHYSIOLOGICAL DEVELOPMENT III (PDM300T)  1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Principles of sport injury prevention. Topics on human nutrition, supplements and performance-enhancing drugs. Conditioning for sport and physical activity. Dealing with special medical conditions (asthmatic and epileptic conditions, back problems, knee and ankle injuries, etc.). (Total tuition time: ± 70 hours)
PRACTICE MANAGEMENT IV (PMN400T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Various aspects of the general management and workings of a biokineticist in a private practice/ multidisciplinary environment. Basic principles of financial management for a small business, the code of ethics and scope of practice for biokinetics, and selected readings in medical law as suggested by the Health Professions Council of South Africa (HPCSA) and Biokinetics Association of South African (BASA). (Total tuition time: ± 35 hours)

PROSTHETICS THEORY I (PCX101T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Theory of the manufacture of below-knee limbs (prostheses). (Total tuition time: ± 120 hours)

PROSTHETICS THEORY II (PCX201T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Theory of the manufacture of through-knee, above-knee and through-hip prostheses. (Total tuition time: ± 120 hours)

PROSTHETICS THEORY III (PCX301T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Theory of the manufacture of all upper limbs, as well as the treatment of all special cases. (Total tuition time: ± 120 hours)

PSYCHOLOGY I (PYY111T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
A basic study of psychology forms part of the curriculum, because patients treated by an orthotist or prosthetist often have psychological problems due to the fact that they have to wear visible support. Emphasis is placed on social development and dealing with personal problems. (Total tuition time: ± 120 hours)

PUBLIC RELATIONS I (PRS120T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Integrated Communication)*
Students are trained to become public relations practitioners who will be able to make effective decisions in a rapidly changing environment. This subject is aimed at providing the student with a structured programme to refine and develop professional skills. (Total tuition time: ± 192 hours)

PUBLIC RELATIONS II (PRS210T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Integrated Communication)*
Theory from the first year is extended to an in-depth practical application of public relations theory with a specific focus on public relations strategy. (Total tuition time: ± 166 hours)

RESEARCH PROJECT IV (SET410T/R) PROJECT ASSESSMENT
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
This subject relates to the research project the student will have to complete in order to pass the subject. A short research proposal, mini-dissertation and a research article of limited scope, will be written under the guidance of a supervising lecturer. (Total tuition time: not available)

RESEARCH METHODOLOGY (RMD110T) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
The subject provides an overview of the research process, including types of research, the literature survey, research hypothesis, etc. Basic statistics and statistical analysis will also be covered to help students complete their research project successfully. (Total tuition time: ± 35 hours)

RESEARCH METHODS AND TECHNIQUES I (RMQ110B) 1 X 3-HOUR PAPER
*(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*
Theory of research and statistics, as well as statistical calculations. (Total tuition time: ± eight hours)
RESEARCH METHODS AND TECHNIQUES I (RMQ110C) CONTINUOUS ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Theory of research and statistics, as well as statistics calculations. An additional requirement for obtaining the full qualification is a research article by the candidate at the end of the study period. (Total tuition time: ± 30 hours)

RESEARCH PROJECT: PRACTICAL (OCS40QT) PROJECT ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
This subject relates to the research project that the student will have to complete in order to pass this subject. A short research proposal, mini-thesis and article will be written under the guidance of a lecturer. (Total tuition time: not available)

RESEARCH PROJECT: PRACTICAL IV (SET40QT) PROJECT ASSESSMENT
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
This subject relates to the research project that the student will have to complete in order to pass this subject. A short research proposal, mini-thesis and article will be written under the guidance of a lecturer. (Total tuition time: not available)

RESEARCH PROJECT: THEORY (OCS40PT) 1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
An overview of the research process, including types of research, the literature survey, defining the problem, research hypothesis, etc. The role of valid and reliable measurements in research, as applied to management principles, market factors and financial influences within the sport environment, is emphasised. The statistical concepts of research are also covered. (Total tuition time: ± 51 hours)

RESEARCH PROJECT: THEORY IV (SET40PT) 1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
An overview of the research process, including types of research, the literature survey, defining the problem, research hypothesis, etc. The role of valid and reliable measurements in research, as applied to management principles, market factors and financial influences within the sport environment, is emphasised. The statistical concepts of research are also covered. (Total tuition time: ± 72 hours)

SPORT AND EXERCISE TECHNOLOGY I (SET110T, SET120T) 1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
This subject provides the student with insight into the basic concepts of health, wellness and fitness. A wide range of topics pertaining to motor- and health-related fitness components, and an introduction to a number of practically orientated exercises which form the foundation for Sport and Exercise Technology II. (Total tuition time: ± 108 hours)

SPORT AND EXERCISE TECHNOLOGY II (SET220T) 1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
On completion of the subject, students will be able to design a seasonal year-round programme for resistance exercise, plan athletic-type functional strength exercises for developing optimum potential, and will have theoretical knowledge on how to test an athlete for muscle strength and cardiovascular endurance. Students will also develop a broader knowledge base for the application of finer, specific exercise techniques and programme designs and the prescription of metabolic exercises. (Total tuition time: ± 108 hours)

SPORT AND EXERCISE TECHNOLOGY III (SET320T) 1 X 3-HOUR PAPER
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
On completion of the subject, students will have a theoretical basis for the further testing of anaerobic power and capacity, kinanthropometry and flexibility, as well as the general health status of a sports person. Students will also learn to prescribe exercises for the improvement of all the above parameters from the existing test data. (Total tuition time: ± 198 hours)
SPORT AND PHYSICAL RECREATION STUDIES I (SFR110T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Marketing, Logistics and Sport Management)
Orientation with regard to the human body. Anatomy of the human body. The study of human anatomy. Students are introduced to the basic structures and functions of the body, from the chemical level to the systemic level. Anatomical terminology plays an important role. This knowledge is applied to the functioning of the human body. The second component of the subject focuses on the history of sport. Students acquire insight into the development of sport from ancient times to the present time. (Total tuition time: ± 108 hours)

SPORT DIDACTICS AND COACHING I (SDC110T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
Foundations of coaching. Coaching techniques. Introduction to the psychology of sport. Basic sport psychology. The steps to a successful activity series, which means that activities are the primary building blocks of the curriculum. Each activity block has been designed from a knowledge-based perspective that reflects across the disciplinary framework; that is, it identifies skills and strategies and shows how scientific concepts in exercise physiology, motor learning, biomechanics, psychology, history, sociology and other areas that affect performance, teaching and coaching. A rationale is offered for fitness, the basic concepts behind fitness programmes, and the practical application of the basic principles in constructing a basic training programme for diverse population groups. The increasingly formalised sports structures have led to a greater commitment among coaches to the care and preparation of athletes. Didactic aspects place the learning of skills and strategies into the context of game play as soon as possible. It is also the approach used by most of the master teachers and coaches. (Total tuition time: ± 108 hours)

SPORT INJURY PREVENTION IV (SBV400T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
This subject contains aspects relating to sport injuries, the principles involved in the prevention of injuries. The focus is placed on the field of sport injuries through literature discussions and reviews. (Total tuition time: ± 108 hours)

SPORT MANAGEMENT I (SRT100T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Marketing, Logistics and Sport Management)
An introduction to the basic principles of sport management and of entrepreneurship with special attention to the establishment of a small business enterprise and/or sport club. (Total tuition time: ± 108 hours)

SPORT PSYCHOLOGY I (SRO100T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
The subject examines psychological theories and clinical approaches in understanding the ‘why’ of human behaviour. This subject examines the general psychological theories and research related to sport and exercise behaviour. It is designed to introduce the learner to the field of sport and exercise psychology by emphasising the ever-existing effects psychological factors have on a participant’s sport and exercise performance. (Total tuition time: ± 72 hours)

SPORT PSYCHOLOGY II (SYC200T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
The subject examines psychological theories and clinical approaches in understanding the ‘why’ of human behaviour. The course is designed to introduce the student to the basis of cognitive psychology by providing a basic overview on the biological and psycho-social development in humans. (Total tuition time: ± 70 hours)

SPORT PSYCHOLOGY III (SYC300T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)
This subject examines the general psychological theories and research related to sport and exercise behaviour. It is designed to introduce the student to the field of sport and exercise psychology by emphasising the ever-existing effects psychological factors have on a participant’s sport and exercise performance. It focuses on the understanding of sport and exercise environments and also considers other personal factors that influence human behaviour, such as motivation, arousal, stress and anxiety in sport and exercise contexts. This subject aims to increase the student’s understanding of the group processes involved in sport, such as team dynamics, leadership and communication. It also focuses on how psychological factors influence performance in sport and exercise settings. This entails topics such as psychological skill training for performance enhancement, arousal regulation, imagery, self-confidence, goal setting and concentration. (Total tuition time: ± 70 hours)
TOOTH MORPHOLOGY I (TMY101T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

The development, growth and formation of human teeth. (Total tuition time: ± 68 hours)

WORK-INTEGRATED LEARNING (EXP1DET, WILDAS1) WORK-INTEGRATED LEARNING

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Practical application in a work situation of theoretical subjects in the first year. (Total tuition time: ± 480 hours for EXP1DET and ± 365 hours for WILDAS1)

WORK-INTEGRATED LEARNING I (EXP1MOP) WORK-INTEGRATED LEARNING

WORK-INTEGRATED LEARNING II (EXP2MOP) WORK-INTEGRATED LEARNING

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Practical application of theoretical subjects in the first- and second year respectively. (Total tuition time: ± 600 hours)

WORK PHYSIOLOGY II (WPY220T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

An extension of first-year Anatomy. The functioning of the body is discussed in detail with special reference to the interdependence of the different systems (respiratory, cardiovascular, etc.). On completion of this subject, the student will be able to describe the complementarity of anatomy and physiology. The effects of exercise on the systems will be discussed in detail. (Total tuition time: ± 108 hours)

WORK PHYSIOLOGY III (WPY320T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

Work Physiology III focuses on the application of basic and advanced physiology principles within an exercise setting. Students build a strong foundation in energy transfer and exercise training/physiology. (Total tuition time: ± 216 hours)

WORK PHYSIOLOGY IV (WPY400T) 1 X 3-HOUR PAPER

(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

The subject focuses on applying human physiology to the sport and exercise environments. An in-depth study of the functioning of the different body systems during sport and exercise and their adaptations to conditioning. This knowledge is applied to specific sport and exercise events. (Total tuition time: ± 108 hours)