

# NATIONAL DIPLOMA: OFFICIATING AND COACHING SCIENCE

## Qualification code: NDOC01 - NQF Level 6

Campus where offered: Pretoria Campus

### Important notification to new applicants:

No new applications will be accepted as from 2020. Students who enrolled for this qualification for the first time in 2017 (or thereafter), should note that it will not be possible to continue with any Baccalaureus Technologiae as from 2020, since it is being replaced by qualifications aligned with the newly-implemented Higher Education Qualification Sub-Framework. Potential students are advised to consult the University's website for any new qualifications which might not be published in this Prospectus.

## REMARKS

a. *Admission requirement(s) and selection criteria:*

• **FOR APPLICANTS WHO OBTAINED A SENIOR CERTIFICATE BEFORE 2008:**

**Admission requirement(s):**

A Senior Certificate or an equivalent qualification, with a D symbol at Standard Grade for English.

**Recommended subject(s):**

Biology or Physiology.

**Selection criteria:**

Applicants with a minimum M-score will be considered for admission until the programme complement is full.

SYMBOL	HG VALUE	SG VALUE
A	5	4
B	4	3
C	3	2
D	2	1
E	1	0

A minimum M-score of 10 points is required.

• **FOR APPLICANTS WHO OBTAINED A NATIONAL SENIOR CERTIFICATE IN OR AFTER 2008:**

**Admission requirement(s):**

A National Senior Certificate with a bachelor's degree or a diploma endorsement, or an equivalent qualification, with an achievement level of at least 3 for English (home language or first additional language).

**Recommended subject(s):**

Life Sciences.

**Selection criteria:**

To be considered for this qualification, applicants must have an Admission Point Score (APS) of at least 18.

**Assessment procedures:**

Applicants with the minimum APS will be considered for admission until the programme complement is full.

b. *Minimum duration:*

Three years.



- c. *Presentation:*  
Day classes.
- d. *Intake for the qualification:*  
January only.
- e. *Exclusion and readmission:*  
See Chapter 2 of Students' Rules and Regulations.
- f. *Recognition of Prior Learning (RPL), equivalence and status:*  
See Chapter 30 of Students' Rules and Regulations.
- g. *Coaching practical:*  
Students have an opportunity to gain practical experience in different types of sport at schools and clubs. The head coach of the school or club, as well as lecturers from TUT, will be responsible for assessment. A portfolio of competency will be drawn up. Two hours of practicals per week will be scheduled.
- h. *Subject credits:*  
Subject credits are shown in brackets after each subject.

Key to asterisks:

- \* Information does not correspond to information in Report 151.  
(Deviations approved by the Senate in May 2009.)

## CURRICULUM

**SUBJECTS PRINTED IN BOLD ARE NOT FOR REGISTRATION PURPOSES.**

### FIRST YEAR

CODE	SUBJECT	CREDIT	PREREQUISITE SUBJECT(S)
MRK140T	Marketing I	(0,200)	
SDC110T	Sport Didactics and Coaching I	(0,200)	
SET110T	Sport and Exercise Technology I	(0,200)	
SFR110T	Sport and Physical Recreation Studies I	(0,200)	
SRT100T	Sport Management I	(0,200)	
TOTAL CREDITS FOR THE FIRST YEAR:		<b>1,000</b>	

### SECOND YEAR

CODE	SUBJECT	CREDIT	PREREQUISITE SUBJECT(S)
<b>CSI200T</b>	<b>Coaching Science II</b>		
CSI20PT	Coaching Science: Coaching Practical II	(0,200)*	
CSI20QT	Coaching Science: Theory II	(0,200)*	Sport Didactics and Coaching I
HMS200T	Human Movement Studies II	(0,200)*	
PRS120T	Public Relations I	(0,200)*	
SYC200T	Sport Psychology II	(0,200)*	
TOTAL CREDITS FOR THE SECOND YEAR:		<b>1,000</b>	

### THIRD YEAR

CODE	SUBJECT	CREDIT	PREREQUISITE SUBJECT(S)
<b>CSI300T</b>	<b>Coaching Science III</b>		
CSI30PT	Coaching Science: Coaching Practical III	(0,200)*	Coaching Science: Coaching Practical II Coaching Science: Theory II



CSI30QT	Coaching Science: Theory III	(0,200)*	Coaching Science: Coaching Practical II Coaching Science: Theory II
PDM300T	Physiological Development III	(0,200)*	
PRS210T	Public Relations II	(0,200)*	Public Relations I
SYC300T	Sport Psychology III	(0,200)*	Sport Psychology II
TOTAL CREDITS FOR THE THIRD YEAR:		<b>1,000</b>	
TOTAL CREDITS FOR THE QUALIFICATION:		<b>3,000</b>	

## SUBJECT INFORMATION (OVERVIEW OF SYLLABUS)

The syllabus content is subject to change to accommodate industry changes. Please note that a more detailed syllabus is available at the Department or in the study guide that is applicable to a particular subject. On 01 August 2018, the syllabus content was defined as follows:

### C

**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)

### H

**HUMAN MOVEMENT STUDIES II (HMS200T) 1 X 3-HOUR PAPER**  
(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)

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)



**M****MARKETING I (MRK140T)****1 X 3-HOUR PAPER****(Subject custodian: Department of Marketing, Supply Chain and Sport Management)**

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)

**P****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)

**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)

**S****SPORT AND EXERCISE TECHNOLOGY I (SET110T)****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 PHYSICAL RECREATION STUDIES I (SFR110T)****1 X 3-HOUR PAPER****(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)**

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 MANAGEMENT I (SRT100T)****1 X 3-HOUR PAPER****(Subject custodian: Department of Marketing, Supply Chain 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 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)

