

# BACCALAUREUS TECHNOLOGIAE: SPORT AND EXERCISE TECHNOLOGY

Qualification code: BTSX01- NQF Level 7

Campus where offered: Pretoria Campus (day classes)  
Last year of new intake: 2019  
Teach-out (phase-out) dates: 31 December 2021

Students registered for this qualification should complete their studies according to the teach-out date prescribed for the qualification, subject to the stipulations of Regulation 3.1.11 and 3.1.13 in the Students' Rules and Regulations.

Information on phased-out programmes can be obtained from the TUT website, [www.tut.ac.za](http://www.tut.ac.za).

Key to asterisks:

\* Information does not correspond to information in Report 151.  
(Deviations approved by the Senate in August 2005 and September 2006.)

## CURRICULUM

Consult the 2019 Faculty Prospectus for the full contents of the qualification.

## YEAR SUBJECTS

CODE	SUBJECT	CREDIT	PREREQUISITE MODULE(S)
APS400T	Applied* Sport Psychology IV	(0,165)*	
ASE400T	Advanced Sport and Exercise Technology IV	(0,167)	
AVS400T	Advanced Sport Physical Evaluation IV	(0,167)	
SBV400T	Sport Injury Prevention IV	(0,167)	
<b>SET400T</b>	<b>Research Project IV</b>		
SET40PT	Research Project: Theory IV	(0,083)	
SET40QT	Research Project: Practical IV	(0,084)	
WPY400T	Work Physiology IV	(0,167)	Work Physiology III
TOTAL CREDITS FOR THE QUALIFICATION:		<b>1,000</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. At time of publication, the syllabus content was defined as follows:

### A

#### **ADVANCED SPORT AND EXERCISE TECHNOLOGY IV (ASE400T) 1 X 3-HOUR PAPER** *(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)*

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)

**ADVANCED SPORT PHYSICAL EVALUATION IV (AVS400T)****CONTINUOUS ASSESSMENT****(Subject custodian: Department of Sport, Rehabilitation and Dental Sciences)**

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)

**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 counselling styles, the psychology of injuries, mental skills profiling, psychological well-being, suicide, etc. (Total tuition time: ± 54 hours)

**R****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 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)

**S****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)

**W****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)

