

ADVANCED DIPLOMA IN KINESIOLOGY AND COACHING SCIENCE

AdvDip (Kinesiology and Coaching Science) - NQF Level 7 (120 credits)

Qualification code: ADKS20

(Specialisation codes for admission and registration: ADKO20 / ADKE20)

SAQA ID: 111773, CHE NUMBER: H/H16/E178CAN

Campus where offered:

Pretoria Campus

REMARKS

a. Admission requirement(s):

A Diploma in Kinesiology and Coaching Science, **or** a National Diploma: Sport and Exercise Technology/Officiating and Coaching Science, **or** a relevant bachelor's degree, or an equivalent qualification at NQF Level 6 with a minimum of 360 credits.

Candidates with a National Diploma: Officiating and Coaching Science, will be required to complete bridging module(s), namely Health Sciences III, Kinesiology II and Work Physiology III.

Holders of any other equivalent South African or international qualification may also be considered, see Chapter 1 of Students' Rules and Regulations.

b. Selection criteria:

Admission is subject to selection. Prospective students will be evaluated based on the marks obtained in the previous qualification and/or work experience.

Acceptance is subject to available capacity according to the Student Enrolment Plan (SEP). Applicants will be informed of their status per official letter from the Office of the Registrar, alternatively, they can check their application status on the TUT website, www.tut.ac.za.

c. Recognition of Prior Learning (RPL), equivalence and status:

See Chapter 30 of Students' Rules and Regulations.

d. Intake for the qualification:

January only.

e. Presentation:

Day classes. Bridging modules are offered in the form of evening classes.

f. Minimum duration:

One or two years (depending on previous qualification).

g. Exclusion and readmission:

See Chapter 2 of Students' Rules and Regulations.

CURRICULUM

ATTENDANCE

CODE	MODULE	NQF-L	CREDIT
CSI117V	Contemporary Sport Issues IV (first-semester module)	(7)	(6)
RKS117V	Introduction to Research (second-semester module)	(7)	(12)
SEP107V	Sport and Exercise Psychology IV	(7)	(21)
SPA107V	Sport Performance Analysis IV	(7)	(21)



SXP107V Sport and Exercise Physiology IV (7) (21)

plus all modules from one of the following groups:

Group 1: ADK020

CHT107V Coaching Management IV (7) (18)

COC107V Coaching Science IV (7) (21)

or

Group 2: ADKE20

SIJ107V Sport Injuries IV (7) (18)

SSC107V Sport Science IV (7) (21)

TOTAL CREDITS FOR THE QUALIFICATION: **120**

MODULE 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 module. At time of publication, the syllabus content was defined as follows:

C

COACHING MANAGEMENT IV (CHT107V)

1 X 3-HOUR PAPER

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

This module prepares the student to facilitate management strategies within both the recreation and competitive sport contexts by understanding the unique demands of successful sport and event management. The student will be able to apply his/her knowledge of sport management in developing a team, communicating effectively, organising and delegating work as well as planning and managing an event. (Total notional time: 180 hours)

COACHING SCIENCE IV (COC107V)

1 X 3-HOUR PAPER

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

This module equips the student with knowledge, skills and attributes to further enhance their professional career in the sport and coaching industry. It augments the student's ability to communicate, facilitate, solve problems and practice effective decision-making. The student will develop comprehensive knowledge of key issues, which supports the high performance sports coaching environment. (Total notional time: 210 hours)

CONTEMPORARY SPORT ISSUES IV (CSI117V)

1 X 3-HOUR PAPER

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

The student will develop comprehensive knowledge of key issues, which supports the high performance sports coaching environment. Specifically, the students will be able to outline and appreciate the various contemporary issues in sport in South Africa, African Continent and Internationally: where the practice of sport is viewed as a fair endeavour that incorporates the universal values and principles of: inclusion/representation, egalitarianism, transformation, social cohesion, ethics and ethical considerations, with a broad understanding of society and class. (Total notional time: 60 hours)

I

INTRODUCTION TO RESEARCH (RKS117V)

1 X 3-HOUR PAPER

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

This module provide students with knowledge of and engagement in techniques of drafting research proposal, data collection and analysis, and writing research reports. Such knowledge includes an understanding of the principles of research problem identification and statement, formulation of research questions, objectives and hypotheses. The module further provides the student with competencies including, but not limited to: review, analysis, writing and reporting, and communication competencies. (Total notional time: 120 hours)



SPORT AND EXERCISE PHYSIOLOGY IV (SXP107V)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

This module prepares the student to independently design basic outcome-specific cognitive behaviour modification interventions and provide advisory services related to the role of personality, arousal regulation, training environments, group processes, and leader behaviour in sport and exercise. The student will also be able to apply/import knowledge of anecdotal reports, theoretical frameworks and scientific findings concerning the facilitation of psychological growth, development, health and well-being of sport participants at recreation, competitive, novice, and/or professional level. (Total notional time: 210 hours)

SPORT AND EXERCISE PSYCHOLOGY IV (SEP107V)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

The purpose of this module is to provide a focused and applied approach to students interested in sport science. Students will learn the importance of an evidence-based approach in developing exercise prescriptions with regards to conditioning and performance of athletes. It will provide students with an in-depth discussion of physiological adaptation from exercise and provides a thorough review of all components of an athlete's training program. (Total notional time: 210 hours)

SPORT INJURIES IV (SIJ107V)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

The module will focus on the anatomy, functional anatomy, assessment, injury prevention and the rehabilitation of each musculoskeletal condition. It will also cover the disorders of the skin within a sporting context. On successful completion of this module, the student will be able to apply these new skills to the sporting environment. (Total notional time: 180 hours)

SPORT PERFORMANCE ANALYSIS IV (SPA107V)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

This module provides students with a theoretical knowledge and skills to analyse the tactical, technical, and physical aspects of sport in order to improve the performance of athletes. (Total notional time: 210 hours)

SPORT SCIENCE IV (SSC107V)**CONTINUOUS ASSESSMENT****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

This module comprehensively covers the principles associated with safe and effective physical 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 physical fitness, exercise and the science of sport conditioning. Competent qualifying students will also be able to analyse, design and adapt exercise prescriptions and exercise techniques in order to promote specific performance improvements as well as an increase in the physical safety of performance in general. Lastly, the student will be well positioned to extend their learning and practice to other areas where sport and exercise science is applied to training programmes, or to strive toward unit standards and practice at higher levels. (Total notional time: 210 hours)

