

DIPLOMA IN KINESIOLOGY AND COACHING SCIENCE

Dip (Kinesiology and Coaching Science) - NQF Level 6 (360 credits)

Qualification code: **DPKS20**

SAQA ID: 103089, CHE NUMBER: H/H16/E078CAN

Campus where offered:

Pretoria Campus

REMARKS

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

• **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	7	6
B	6	5
C	5	4
D	4	3
E	3	2
F	2	1

To be considered for this qualification, applicants must have an Admission Points Score (APS) of at least **24**.

• **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) and 3 for Mathematics or Technical Mathematics or 4 for Mathematical Literacy, and 3 for Life Sciences.

Recommended subject(s):

None.

Selection criteria:

To be considered for this qualification, applicants must have an Admission Point Score (APS) of at least **24** (excluding Life Orientation).

b. *Assessment procedure(s):*

Applicants with the minimum APS will be considered for admission until the programme complement is full. Acceptance is subject to available capacity according to the Student Enrolment Plan (SEP). Once a programme is full, a waiting list will be in place to provide an opportunity for applicants to fill places of those who did not register on time. 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.
- f. *Minimum duration:*
Three years.
- g. *Exclusion and readmission:*
See Chapter 2 of Students' Rules and Regulations.

CURRICULUM

FIRST YEAR

CODE	MODULE	NQF-L	CREDIT	PREREQUISITE MODULE(S)
11P105X	Communication for Academic Purposes	(5)	(10)	
CPL115X	Computer Literacy (second-semester module)	(5)	(10)	
FSP105D	Foundations of Sport Coaching Sciences I	(5)	(20)	
HAN105D	Human Anatomy I	(5)	(12)	
HPH105D	Human Physiology I	(5)	(12)	
INL125D	Information Literacy (block module)	(5)	(2)	
LFS125X	Life Skills (block module)	(5)	(2)	
SPL105D	Sport Practical I	(5)	(20)	
SPS105D	Sport Studies I	(5)	(12)	
SSC105D	Sport Science I	(5)	(20)	
TOTAL CREDITS FOR THE FIRST YEAR:			120	

SECOND YEAR

CODE	MODULE	NQF-L	CREDIT	PREREQUISITE MODULE(S)
BMH205D	Biomechanics I	(5)	(18)	Human Anatomy I Human Physiology I
COC206D	Coaching Science II	(6)	(18)	Foundations of Sport Coaching Sciences I
EXE206D	Exercise Anatomy and Physiology I	(6)	(18)	Human Anatomy I Human Physiology I
MLH216D	Motor Learning and Human Development I (first-semester module)	(6)	(6)	
PSS205D	Psycho-Social Sciences I	(5)	(12)	
SPL206D	Sport Practical II	(6)	(24)	Sport Practical I
SPS216D	Sport Studies II (second-semester module)	(6)	(6)	Sport Studies I
SSC206D	Sport Science II	(6)	(18)	Sport Science I
TOTAL CREDITS FOR THE SECOND YEAR:			120	

THIRD YEAR

CODE	MODULE	NQF-L	CREDIT	PREREQUISITE MODULE(S)
APV315D	Adaptive Physical Activity I (first-semester module)	(5)	(6)	
COC306D	Coaching Science III	(6)	(20)	Coaching Science II
EXE306D	Exercise Anatomy and Physiology II	(6)	(18)	Exercise Anatomy and Physiology I
NUT305D	Nutrition I	(5)	(12)	
SEP306D	Sport and Exercise Psychology I	(6)	(18)	Psycho-Social Sciences I
SPL306D	Sport Practical III	(6)	(26)	Sport Practical II
SSC306D	Sport Science III	(6)	(20)	Sport Science II
TOTAL CREDITS FOR THE THIRD YEAR:			120	
TOTAL CREDITS FOR THE QUALIFICATION:			360	

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:

A

ADAPTIVE PHYSICAL ACTIVITY I (APV315D)

1 X 3-HOUR PAPER

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

A module that equips students with knowledge, skills and values to safely promote health, physical activity, participation and sport performance for people with disability. The purpose of this module is to offer students the needed theoretical knowledge, practical experience and relevant designation to render services in adapted physical activity. (Total notional time: 60 hours)

B

BIOMECHANICS I (BMH205D)

1 X 3-HOUR PAPER

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

The purpose of this module is to prepare the student within the field of Biomechanics related to physical activity and exercise. The student will be able to apply knowledge about anatomy and biomechanics to the evaluation of the strengths and weaknesses of the performance of sport and exercises techniques. In addition, the student will be well positioned to extend his/her learning and practice to other areas where sport science is applied to the improvement of the mechanics of performance and to modify physical activity according to the aims and needs of the participants. Students will also be able to analyse the mechanical effectiveness and efficiency of sport and exercise performance in order to promote specific performance improvements as well as an increase in the physical safety of performance in general. (Total notional time: 180 hours)

C

COACHING SCIENCE II (COC206D)

1 X 3-HOUR PAPER

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

The purpose of this module is to prepare the student to function successfully in an interdisciplinary environment in order to improve athletes' and sports teams' performances using the latest techniques and research. The student will be able to apply his/her knowledge of the theory and practice of physical education, sport and coaching science across education, leisure and community sectors to improve athletic performance. (Total notional time: 180 hours)



COACHING SCIENCE III (COC306D)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

The purpose of this module is to prepare the student to facilitate learning and coaching within both the recreation and competitive sport contexts by understanding the unique physical characteristics as well as demands of athletes. The student will be able to apply his/her knowledge of the skills performers to optimise their sporting abilities and assist them in meeting their highest potential. (Total notional time: 200 hours)

COMMUNICATION FOR ACADEMIC PURPOSES (11P105X)**1 X 3-HOUR PAPER****(Module custodian: Office of the Executive Dean)**

A workable knowledge of English is an essential skill for any graduate who is required to conduct themselves successfully in a professional working environment. This module will equip students with the competencies required to compose a selection of written texts related to communicating both internally and externally within a professional environment. In addition, the module includes strategies that are essential for the effective communication in various situations, including small groups to avoid unproductive conflict, a multicultural context, etc. (Total notional time: 100 hours)

COMPUTER LITERACY (CPL115X)**CONTINUOUS ASSESSMENT****(Module custodian: End User Computing Unit)**

This module provides students with foundational knowledge in computing fundamentals, essential digital skills in key applications based on MS Office Suite and network basics (i.e. MS Outlook and Internet). Online exams are mapped with End-User Computing: SAQA 49077 (61591) Core Element as well as Internet and Computing Core Certification (IC3). (Total notional time: 100 hours)

E**EXERCISE ANATOMY AND PHYSIOLOGY I (EXE206D)****1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

A module aimed at introducing a student to the scientific basis of exercise physiology to prevent or control mind-body diseases, promote health and well-being, and enhance athlete performance. In addition, the text enables him/her to understand physiology and athletic performance, by examining exercise metabolism, fuel utilisation, and cardiovascular functions. Specific physiologic calculations are presented to teach the student how to monitor exercise intensity, as well as to improve the safety and credibility of client-specific test protocols, health and fitness training programmes, and athletic competitions. He/she will learn about current research and research practices in muscle and exercise as well as the necessary physiologic, electrocardiographic, and anatomic concepts pertinent to prepare for Exercise Anatomy and Physiology II. (Total notional time: 180 hours)

EXERCISE ANATOMY AND PHYSIOLOGY II (EXE306D)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

This module enables students to apply their knowledge to demonstrate an understanding of the acute and chronic physiological responses to exercise, as well as the physiological basis of exercise performance. It examines the metabolic supply of energy to exercising muscle; the acute responses of the cardiovascular, respiratory, thermoregulatory, neural, endocrine and muscular systems to exercise; and the chronic physiological responses to exercise training. In addition, it focuses on exercise related age and sex consideration and cardiovascular disease, obesity and diabetes in relation to physical activity. (Total notional time: 180 hours)

F**FOUNDATIONS OF SPORT COACHING SCIENCE I (FSP105D)****1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

A learning module, which will provide the student with a theoretical underpinning knowledge in the field of sport coaching and skill acquisitions. It also offers an introduction to the principles of training, basic coaching methods, safety in sport training and competition, communication skills in coaching, sociology and history of sport coaching, and the South African Coaching Framework. (Total notional time: 200 hours)



H

HUMAN ANATOMY I (HAN105D)

1 X 3-HOUR PAPER

(Module custodian: Department of Biomedical Sciences)

To equip students with informed understanding of the core areas of the human anatomy system. The student will be able to understand the key terms, concepts, facts, and general principles of human anatomy and be able to apply his/her knowledge of cellular components, tissue and organ systems to and overall perspective of a healthy human necessary in the career focused medical related community. Upon completion of the module, the student will be able to understand important cellular concepts, identify all bones, muscles, nerves and have a sound basis of each organ system. Students will also have mastered limited practical skills in selected human body structures and location. (Total notional time: 120 hours)

HUMAN PHYSIOLOGY I (HPH105D)

1 X 3-HOUR PAPER

(Module custodian: Department of Biomedical Sciences)

Informed understanding of the core areas of human physiology. The student will be able to understand key physiology terms, concepts, medical related facts, and the general principles of the organisation of the human body, principles of support and movement, control systems of the human body such as the skeletal-, cardiac-, endocrine-, and nervous system, maintenance of the human body, and continuity in theoretical and limited practical contexts contributing to the body of knowledge necessary in the career focused medical community. Upon completion, the student will be able to identify, explain and apply concepts and processes related to physiology, their control and regulation such as homeostasis, nutrition, movement and reproduction and distinguish between mechanical, biochemical and physical functions in a living system and how each system integrates with other systems in the human body. He/she will also have basic practical skills in selected human body structures, functions and their roles. (Total notional time: 120 hours)

I

INFORMATION LITERACY (INL125D)

CONTINUOUS ASSESSMENT

(Module custodian: Directorate of Library and Information Services)

Introduction of information literacy. Development of a search strategy and application of a search string to search engines and academic databases. Evaluation of information sources. Ethical and legal use of information. (Total notional time: 20 hours)

L

LIFE SKILLS (LFS125X)

CONTINUOUS ASSESSMENT

(Module custodian: Directorate of Student Development and Support)

Personal, socio-emotional and academic skills development for students in higher education. This module includes 1. Intra- and interpersonal skills (e.g. emotional intelligence, relationships, and conflict management); 2. General study skills (e.g. time management, goal setting, learning styles); 3. Health and wellness (e.g. HIV/AIDS, GBV issues, substance abuse); 4. Student life and adjustment (e.g. identity development, adjusting to a higher education environment); and 5. Financial management. (Total notional time: 20 hours)

M

MOTOR LEARNING AND HUMAN DEVELOPMENT I (MLH216D)

1 X 3-HOUR PAPER

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

The purpose of this module is to provide the student with a fundamental understanding of how motor development affects motor learning. A student will be introduced to the individual functional and structural constraints present in childhood and adolescence in addition to the motor skills developed during childhood. The purpose of this module is to enable him/her to prepare, develop and implement developmentally appropriate movement programmes. (Total notional time: 60 hours)



N**NUTRITION I (NUT305D)****1 X 3-HOUR PAPER***(Module custodian: Department of Hospitality Management)*

An introduction of the core nutrients to students that is recommended to maintain good health, to ensure the application of appropriate nutritional knowledge in the design of training programmes and the provision of advice on nutrition, health and exercise. (Total notional time: 120 hours)

P**PSYCHO-SOCIAL SCIENCES I (PSS205D)****1 X 3-HOUR PAPER***(Module custodian: Adelaide Tambo School of Nursing Science)*

To prepare the student to apply knowledge, skills and attitudes in psychology to effectively, and professionally interact with individuals, families and communities, throughout their life span, in a variety of work, therapeutic and health care settings. A student will be able to apply his/her knowledge of the bio-psychological basis for human behaviour, human development, personality, language and thought, learning and memory, intelligence, motivation and emotion, social behaviour, stress, coping and health, professional and therapeutic relationships to personal and professional relationship. Upon completion of the module, the student will be able to understand and apply the psychological perspectives to the in the field of kinesiology and coaching science. (Total notional time: 120 hours)

S**SPORT AND EXERCISE PSYCHOLOGY I (SEP306D)****1 X 3-HOUR PAPER***(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)*

To prepare the student to independently design basic outcome-specific psychological skill training interventions and provide advisory service on psychological aspects affecting sport participation and performance. The student will be able to apply/import his/her knowledge of general psychological theories and research related to sport and exercise behaviour to individual and team sport participants at recreation, competitive, novice, and/or professional level. (Total notional time: 180 hours)

SPORT PRACTICAL I (SPL105D)**CONTINUOUS ASSESSMENT****SPORT PRACTICAL II (SPL206D)****CONTINUOUS ASSESSMENT***(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)*

A practical learning module which equips a student with knowledge, skills and values to safely promote physical activity, participation and performance in four nationally-recognised sporting codes. The purpose of this module is to offer a student the needed theoretical knowledge, practical experience and relevant designation to render services as an Apprentice Coach and/or Coach Assistant. (Total notional time: 200 hours for SPL105D and 240 hours for SPL206D)

SPORT PRACTICAL III (SPL306D)**CONTINUOUS ASSESSMENT***(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)*

A practical learning module which equips a student with knowledge, skills and values to safely promote physical activity, participation and performance in four nationally-recognised sporting codes. The purpose of this module is to offer students the needed theoretical knowledge, practical experience and relevant designation to render services as a coach. (Total notional time: 260 hours)

SPORT SCIENCE I (SSC105D)**1 X 3-HOUR PAPER***(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)*

To provide 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 basic exercises which will form the basis for Sport Science II and III. (Total notional time: 200 hours)



SPORT SCIENCE II (SSC206D)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

A module which combines the concepts central to periodisation and training theory with contemporary advances in sport science, physiology, and coaching. This will provide the students with a better understanding of the principles, objectives, and components of a successful long-term training programme and how to plan the right programme to achieve optimal athlete performance goals. The module will also provide a sound understanding of proven strategies for optimal peaking and specifics on training for better motor ability, working capacity skill effectiveness, and psychological adaptability. (Total notional time: 180 hours)

SPORT SCIENCE III (SSC306D)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

A module that builds on knowledge of exercise physiology I and Sport Science II by exploring in greater depth how the body adapts to chronic exercise, the mechanisms responsible and the impact on sports performance. This module evaluates current practice with respect to training and evaluation of athletes sport performance. Students will have the opportunity to conduct sport assessments in the form of field tests following international sport testing guidelines. An understanding of this module will allow the student to identify the strengths and weaknesses of an athlete and to interpret test data effectively in order to prescribe the necessary interventions. (Total notional time: 200 hours)

SPORT STUDIES I (SPS105D)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

The student learns to appreciate the Sociological, Philosophical and Historical aspects of human behaviour in the broad field of Sport Studies. With this knowledge, he/she will be able to distinguish and identify between psychology of sport, sociology of sport, philosophy of sport and the history of sport as well as identify and discuss the controversies in sport. (Total notional time: 120 hours)

SPORT STUDIES II (SPS216D)**1 X 3-HOUR PAPER****(Module custodian: Department of Sport, Rehabilitation and Dental Sciences)**

The student learns to appreciate the Sociological aspects of human behaviour in the broad field of Sport Studies, and specifically in Sport and Recreation. It enables him/her to appreciate the social significance of sport and recreation in modern societies, recognise the structures, understand relationships and problems in sport and work within this social framework for a better understanding of the phenomenon sport. Identify and solve problem by using critical and creative thinking. With this knowledge, the students will be able to describe the processes of participation in sport and be able to explore equity issues regarding gender in sport; be able to explain the impact of social class in sport; the relationship between sport and economy; and discuss the role of media and politics and other controversies in sport. (Total notional time: 60 hours)

