

CERTIFICATE IN SPORTS SCIENCE AND PHYSICAL EDUCATION



UNIVERSITY OF
KWAZULU-NATAL™
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**EXTENDED
LEARNING**

OUR WORLD IS CHANGING...SHOULDN'T YOU?

Certificate in Sports Science and Physical Education

About this programme

The programme is offered as a standalone programme targeted at qualified educators, and other sport professionals who want to upskill their current sport science knowledge. Many educators and novice coaches in schools need to teach Physical Education (PE) or sport but do not have the necessary theoretical basis. This programme aims to fill a critical gap by providing foundational and advanced knowledge to educators and sports personnel in the field of Sport Sciences and PE.

How you will benefit

- Develop the ability to explain the basic knowledge of human anatomy and physiology
- Develop the ability to explain the basic knowledge of physiology
- Develop the ability to use anatomical terminology to identify and describe locations of major organs of each system covered
- Acquire the knowledge and understanding of the structure and function of selected human body systems
- Develop the ability to define the main structures composing of the human body
- Acquire knowledge in essential kinesiological theory, concepts and its application for optimal sports performance in practical situations
- Demonstrate knowledge and understanding of sports-specific coaching skills which are responsive to the characteristics of individuals
- Acquire knowledge and understanding of the principles and practices of sports coaching
- Demonstrate knowledge and understanding of sports-specific coaching theory to prevent injury and promote health and fitness at a public health and individual client care level
- Develop knowledge and understanding of the structure and function of selected human body systems
- Acquire knowledge and basic understanding of exercise physiology as it relates to sports science
- Demonstrate an understanding of the effect of acute exercise training on cardio-respiratory, vascular and skeletal muscle physiological responses
- Demonstrate an understanding of the theory that underpins conditioning in sport
- Acquire knowledge and understanding of foundational concepts, principles and practices of conditioning
- Demonstrate knowledge and understanding of fitness requirements, in general, and for specific sports
- Apply knowledge and understanding of sports coaching methodologies
- Acquire knowledge of basic instruction in specific sports codes
- Acquire knowledge of the theory on how to describe and facilitate specific testing protocols

Key focus areas

- Elements Human Anatomy and Kinesiology
- Introduction to Human Physiology
- Basic Principles of Conditioning and Coaching
- Introduction to Sports Coaching Methodologies

Disclaimer: Facilitators included on the flyer may differ from those featured on the programme, as this will be dependent on their availability. Due to the extended planning horizon, UEL reserves the right to amend dates and prices at short notice, whilst protecting the consumer rights and interests of prospective delegates. For the most accurate information, please visit our website: www.ukznextendedlearning.com

Facilitators include:

Professor Rowena Naidoo



Professor Naidoo is an Associate Professor/biokineticist in the Discipline of Biokinetics, Exercise and Leisure Sciences at the University of KwaZulu-Natal. She is also a founding executive member of the International Society of Qualitative Research in Sport and Exercise. More recently, Prof Naidoo has been appointed as the Partnerships Director for the International Society for Physical Activity and Health (ISPAH) and as a World Health Organisation (WHO) Physical Activity Consultant. Her research interests include promoting physical activity and sport in children with disabilities.

Dr Hayley Velayudam



Dr Velayudam has recently completed her PhD in Sports Science and is a registered, practicing Biokineticist in Queensburgh, Durban. Her interests include orthopaedic rehabilitation, as well as applying research and science in her approach, to the application of exercise to treat people.

Bongiwe Gumede



Bongiwe is a Sport Science graduate with experience in group settings facilitation, practical demonstration, tutoring, and lab-based and field-based fitness testing in multiple sporting codes. She completed both her undergraduate and honours at UKZN. She is currently a Master in Sport Science student with her research project focusing on understanding physical activity levels and cardiovascular disease risk in the diabetic population.

Who should attend

- Educators who want to upskill their Sport Science knowledge and improve their PE teaching
- Coaches/trainers/sport personnel who want to strengthen their basic sport science knowledge and understanding

Entrance requirements

- Any tertiary qualification, or a matric with at least two years of industry experience as a sports coach.
- Matric or NQF Level 4 equivalent with current or prior provincial sport representation as an athlete.

Estimated NQF Level

Although short learning programmes are not registered on the National Qualifications Framework (NQF), this programme is delivered at an equivalent NQF level 5.

Programme fee

The programme fee of R23 600 (incl. VAT)* covers tuition, instruction material, refreshments and lunches. Delegates will have the option to either attend the programme physically in Durban or join the live-streamed sessions virtually. Final examinations will be face-to-face in Durban.

**Talk to us about flexible payment plans.*

Duration

One year

Dates

For updated start dates, please contact us or visit our website: www.ukznextendedlearning.com

Contact

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