Contact Details

Mrs Carien Janse van Rensburg
Tel. 021 808 4723
carienjvr@sun.ac.za
www.sun.ac.za/education

PHYSICAL ADDRESS
Department of Sport Science
Stellenbosch University
Suidwal Road
Coetzenburg
Stellenbosch
7601

POSTAL ADDRESS
Department of Sport Science
Stellenbosch University
Private Bag X1
Matieland

SPORTWETENSkap
Sport Science
STELLENBOSCH

Career Opportunities

SPORT COACHING:
School level
Club level
Provincial level
National level

SPORT MANAGEMENT:
Management of:
Sport stadiums
Sport clubs
Gymnasiums
Sport shops
Sports teams
Sport museums
Sport tourism company
Sport history research projects
- Documentary films
- Books
- Provincial or national government projects

FITNESS INDUSTRY:
Fitness instructor
Gymnasium manager
Health & fitness consultant

SPORT SCIENCE:
Talent identification
Coaching programmes
Conditioning of teams
Coaching courses
Fitness tests
Motor programmes in schools

EDUCATION:
Primary schools
Secondary schools
Learners with disabilities

BIOKINETICS:
Corporate Wellness
Clinical rehabilitation
- Post-operative
- Orthopaedic injuries
- Chronic conditions
- Physical evaluation and exercise testing
- Persons with disabilities
- Pre-operative programmes
- Wellness

KINDERKINETICS:
- Motor programmes at pre-primary and primary schools, as well as Virgin Active
- Gross motor evaluation tests for 0-13 year old children
- Gross motor remedial programmes
- Baby stimulation and massage
- Land and water programmes for children with disabilities
- Wellness: Dance and fitness for children
- Water awareness programmes for children

SPORT PSYCHOLOGY:
Sport teams
Individual sports persons

ACADEMICS:
University
University of Technology
College

BA in Sport Science
BSc in Sport Science

GENERAL INFORMATION
Stellenbosch University has a century-long tradition of quality teaching and research which has ensured the University a place among the finest academic institutions in Africa. The Sport Science Department was also the first of its kind in Africa.

WHAT DOES THE SPORT SCIENCE DEGREE AT STELLENBOSCH UNIVERSITY OFFER?

Both the BA and BSc are three year fulltime programmes that study "man in motion" from a physiological, biomechanical, psychological, philosophical, social and economic perspective. The programme includes a theoretical and practical component. The practical component offers you a wide experience of human movement and the development of your coaching skills, for example swimming, athletics, hockey, netball, rugby, soccer, tennis, gymnastics, dance, fitness activities and recreation activities. The theoretical components include modules such as: Biomechanics, Motor Learning, Sport Injuries, Sport Physiology, Sport Psychology, Peak Performance Sport and Adapted Movement Activities.

Due to the popularity of these courses and their annual high enrolment both are selection programmes. Applications close 30 June. Applicants must include a selection questionnaire and medical history form to be considered.

Documents may be downloaded from http://www.maties.com or contact Winifred Fourie (wf1@sun.ac.za) or Bevin Abels (bpa@sun.ac.za).

BA IN SPORT SCIENCE

There are 4 options, i.e. Sport Science with Geology, Geography & Environmental Studies, Sport Science with Psychology, Sport Science with English Studies or Sport Science with Afrikaans & Nederlands.

PRE-REQUISITES

Admission requirements are based on the National Senior Certificate (from 2008). For admission requirements based on the Matriculation Certificate of 2007 or before consult http://www.sun.ac.za/university/jaarboek/.

- Afrikaans 4 OR English 4 (50%)
- Mathematics 3 (40%) OR Mathematical Literacy 7 (80%)
- Physical Sciences 3 (40%) OR Life Sciences 4 (50%)
- Any other designated university admission subject 4 (50%)
- The Grade 11/Grade 12 aggregate must be at least 60% - excluding Life Orientation (this mark will contribute 75% towards the selection mark)
- Non-academic assessment (this includes the selection and medical history questionnaire and will contribute 25% towards the selection mark)

BSc IN SPORT SCIENCE

Students follow the generic BSc course (Curriculum 1) in their first year, where after the emphasis shift to Sport Science subjects from the second year.

PRE-REQUISITES

Admission requirements are based on the National Senior Certificate (from 2008). For admission requirements based on the Matriculation Certificate of 2007 or before consult http://www.sun.ac.za/university/jaarboek/.

- Afrikaans 4 OR English 4
- Physical Sciences 4 (50%)
- Mathematics 4 (50%)
- Any other designated university admission subject 4 (50%)
- The Grade 11/Grade 12 aggregate must be at least 60% (this mark will contribute 75% towards the selection mark)
- Non-academic assessment (this includes the selection and medical history questionnaire and will contribute 25% towards the selection mark)