

Research focus areas in the Department of Sport Science

Physiological, Psychological and Biomechanical aspects of Athletic Performance

- Ergogenic Aids
- Recovery Strategies
- Monitoring training load, recovery, overtraining and burnout

ET, REV, HG, KW

Physical Activity and Cognitive function/Academic Performance

- Learners
- Athletes
- Referees
- Patient populations

ET, KvD

Physical Education Curricula

KvD, FC

Psychological Skills Training and Mental Toughness

HG

Rehabilitation

- Postural control
- Neuromuscular Function
- Orthopaedic Injury

KW, KD

Motor Development of Young Children

EA, KW

Sport-specific research

- Athletes with disabilities
- Rugby, Cricket, Soccer

SF, WK, SB, REV, ET

Sport History

FC

ET = Prof Elmarie Terblanche
REV = Dr Ranel Venter
HG = Dr Heinrich Grobbelaar
KW = Dr Karen Welman
KvD = Dr Kallie van Deventer
FC = Dr Francois Cleophas
EA = Dr Eileen Africa
SF = Dr Suzanne Ferreira
WK = Mr Wilbur Kraak
SB = Mr Sherman Baatjes
KD = Ms K Dickie