

BSc Sport Science

This programme studies human body motion from various perspectives, such as the physiological, anatomical, and biomechanical. The programme covers the following areas: applied anatomy and biomechanics, motor learning, sport and exercise physiology, sport ethics, programme development, sport injuries, coaching, adapted movement programmes and the fitness industry. The practical component offers you a wide experience of human movement and the development of your coaching skills.

BSc Sport Science

Students follow a biologically orientated BSc curriculum in their first year. From the second year, the emphasis shifts to Sport Science and Physiology.

Major/s

Physiology, Kinesiology.

Consult the latest Faculty of Science Yearbook (Part 5) for information on subjects and modules.

Do I qualify?

Minimum admission requirements

- A NSC average of **65%** (excluding Life Orientation)
- Afrikaans or English
(Home Language or First Additional Language) – 4
- Physical Sciences – 4
- Mathematics – 5

Special provisions

- Selection for the programme is done according to clear guidelines, which are based on both academic and non-academic merits. If you are selected, you must complete a medical history form. If you are declared medically unfit, you will not be allowed to register for or continue with this programme.
- You must obey the prescribed regulations regarding clothing. You can obtain more information on these rules from the Division of Sport Science at the beginning of the academic year.

What is Sport Science?

Sport Science is an interdisciplinary area of study that delves into the realms of human physiology, biomechanics, psychology, and nutrition, all within the context of sports and exercise. This field of study is not only about enhancing athletic performance; it's a comprehensive approach to promoting physical activity, understanding the human body's response to exercise, and fostering overall health and well-being.



Take note: For professional pathways in Biokinetics and Kinderkinetics, advanced academic pursuits are necessary. It is recommended to seek guidance from the Division of Movement Science & Exercise Therapy for further information.



Why study Sport Science?

Studying Sport Science offers a comprehensive understanding of human physiology, biomechanics, psychology, and nutrition within the context of sports and exercise.

Here's why it's valuable:

- **Health promotion:** It equips individuals to promote physical activity and healthy lifestyles, combating sedentary behaviour.
- **Athletic performance:** Insights into physiology, motor behaviour, biomechanics, nutrition, and training methodologies help enhance athletic performance, aiding both professional athletes and fitness enthusiasts.
- **Injury prevention:** Understanding how the body functions during physical activity helps in designing injury prevention strategies.
- **Psychological well-being:** Sports psychology techniques can boost mental resilience, focus, and motivation, benefiting athletes and non-athletes alike in various aspects of life.

In essence, studying Sport Science merges interests in sports, health, and human performance, offering a diverse range of career paths and opportunities to make meaningful contributions to individual and community well-being.

Why study Sport Science at Stellenbosch University?

The Division of Sport Science, situated within the Department of Exercise, Sport, and Lifestyle Medicine at Stellenbosch University, holds the distinction of being the first establishment of its kind across Africa. The department boasts with state-of-the-art technology and laboratories, providing students with a comprehensive practical experience integral to their academic journey. In addition to specialised tracks in fitness and coaching, the division offers a distinctive program focusing on adapted physical activity, further enriching the educational offerings available to students.

What can I do with a BSc Sport Science degree?

Graduates can pursue careers in sport coaching, fitness training and consultation, strength and conditioning, athlete development, sport physiologist, health and wellness coaching, sport, recreation and events management, sportshistory, occupational health and safety, ergonomics, research, and more.

Each of these careers may require specific certifications or further education beyond a bachelor's degree in Sport Science, such as a master's or doctoral degree, or professional certification, depending on the role and location. The field of Sport Science offers a fulfilling opportunity to impact individual lives and communities positively through the promotion of health, wellness, and physical activity.

"It is a challenging, multidisciplinary course that focuses on the student's level of understanding rather than just absorbing and memorising information."

– undergraduate BSc student

Contact details

**Department of Exercise, Sport & Lifestyle Medicine,
Division of Sport Science- Programme administrator:**
Ms. Mornay Hassen
mhassen@sun.ac.za

Head of Division:
Prof. Karen Welman
welman@sun.ac.za

Website:
<https://www.su.ac.za/en/faculties/medicine/departments/sport-science>

Contact our Coordinator:
Students and Academic Affairs
at scienceadmin@sun.ac.za

Deadline: Apply with your grade 11 marks by 31 July

General admission and selection criteria
www.su.ac.za/ugrequirements

BSc Sportwetenskap

Hierdie program bestudeer menslike liggaamsbeweging vanuit die fisiologiese, anatomiese en biomeganiese perspektiewe. Die program dek die volgende areas: toegepaste anatomie en biomeganika, motoriese leer, sport en oefeningfisiologie, sportetiek, programontwikkeling, sportbeserings, afrigting, aangepaste bewegingsprogramme en die fiksheidsindustrie. Die praktiese komponent bied jou blootstelling aan 'n verskeidenheid menslike bewegingservarings en die ontwikkeling van jou afrigtingsvaardighede.

BSc Sportwetenskap

Studente volg 'n biologies gerigte BSc-kurrikulum in hul eerste jaar. Vanaf die tweede jaar verskuif die klem na Sportwetenskap en Fisiologie.

Hoofvakke

Fisiologie, Kinesiologie.

Raadpleeg die nuutste Jaarboek van die Fakulteit Natuurwetenskappe (Deel 5) vir inligting oor vakke en modules.

Voldoen ek aan die vereistes?

Minimum toelatingsvereistes

- 'n NSS-gemiddeld van **65%** (Lewensoriëntering uitgesluit)
- Engels OF Afrikaans (Huistaal of Eerste Addisionele Taal) **50%**
- Fisiese Wetenskappe **50%**
- Wiskunde **60%**

Spesiale bepalings

- Keuring vir die program geskied volgens duidelike riglyne wat gebaseer is op beide akademiese en nie-akademiese meriete. Indien jy gekeur word, moet jy mediese geskiedenisvorm invul. Indien jy medies ongeskik verklaar word, sal jy nie toelating tot die program verkry nie, en indien jy reeds in die program is, ook nie toegelaat word om die program te voltooi nie.
- Jy moet die voorgeskrewe reëls oor kleredrag nakom. Meer inligting oor hierdie reëls is aan die begin van die akademiese jaar te kry by die Afdeling Sportwetenskap.

Wat is Sportwetenskap?

Sportwetenskap is 'n interdisiplinêre vakgebied wat delf in velde soos menslike fisiologie, biomeganika, sielkunde en voeding, alles binne die konteks van sport en oefening. Hierdie studierigting gaan nie nêr oor die verbetering van atletiese prestasie nie; dit is 'n omvattende benadering om fisieke aktiwiteit te bevorder, om die menslike liggaam se reaksie op oefening te verstaan, en algehele gesondheid en welstand te bevorder.



Neem kennis: Vir professionele loopbane in Biokinetika, en Kinderkinetika is gevorderde akademiese studies noodsaaklik. Die HonneursBSc in Biokinetika sal geen nuwe studente vanaf 2028 aanvaar nie. Kontak die Afdeling Bewegingswetenskap en Oefeningsterapie vir meer inligting. (Departement van Oefening, Sport- en Leefstylgeneeskunde in die Fakulteit Geneeskunde en Gesondheidswetenskappe).



Waarom BSc Sportwetenskap?

Die BSc Sportwetenskap-program gee jou 'n omvattende begrip van menslike fisiologie, biomeganika, sielkunde en voeding binne die konteks van sport en oefening.

- Bevordering van gesondheid: Dit bemagtig individue ter bevordering van fisieke aktiwiteit en 'n gesonde lewenstyl en die bekamping van 'n onaktiewe lewenstyl.
- Atletiese prestasie: Insig in fisiologie, motoriese gedrag, biomeganika, voeding en oefenmetodologieë help om atletiese prestasie te verbeter, wat beide professionele atlete en fiksheidsentoesiaste help.
- Voorkoming van beserings: As jy verstaan hoe die liggaam tydens fisiese aktiwiteit funksioneer, kan jy help om strategieë te ontwerp wat beserings kan voorkom.
- Sielkundige welstand: Tegnieke in sportsielkunde kan geestelike veerkragtigheid, fokus en motivering bevorder waarby atlete, sowel as nie-atlete in verskeie aspekte van die lewe kan baatvind.

Die Sportwetenskap-program kombineer belangtellings in sport, gesondheid, en menslike prestasie, en bied jou 'n verskeidenheid loopbaanopsies en geleenthede om betekenisvolle bydraes te kan lewer tot die welstand van individue en gemeenskappe.

Waarom BSc Sportwetenskap by die Universiteit Stellenbosch?

Die Afdeling Sportwetenskap in die Departement Oefening, Sport en Leefstylgeneeskunde by die Universiteit Stellenbosch, is die eerste instelling van sy soort in Afrika. Die departement spog met die nuutste tegnologie en laboratoriums, en bied studente 'n omvattende praktiese ervaring, geïntegreer in hul akademiese reis. Benewens gespesialiseerde bane in fiksheid en afrigting, bied die afdeling 'n eiesoortige program wat fokus op aangepaste fisieke aktiwiteit wat bydra tot die verruiming van die opvoedkundige aanbod aan studente.

Wat kan ek doen met BSc Sportwetenskap?

Gegradueerdes kan loopbane volg in onder meer: sportafrigting, fiksheidsopleiding en konsultasie, krag en kondisionering, atleetontwikkeling, sportfisiologie, gesondheids- en welstands-afrigting, sport, ontspanning- en geleentheidsbestuur, sportgeskiedenis, beroepsgesondheid en -veiligheid, ergonomika, navorsing.

Elkeen van hierdie loopbane kan moontlik verdere opleiding na voltooiing van jou BSc Sportwetenskap-graad vereis, soos 'n meesters- of doktorsgraad, of professionele sertifisering. Sportwetenskap as vakgebied bied jou die geleentheid om die lewens van individue en gemeenskappe positief te beïnvloed deur die bevordering van gesondheid, welstand en fisieke aktiwiteit.

“Dit is 'n uitdagende, multidissiplinêre kursus wat fokus op die student se vlak van begrip, eerder as die blote inneem en memorisering van inligting.”

– Voorgraadse BSc-student

Kontak ons

Departement Oefening, Sport en
Leefstylgeneeskunde, Afdeling Sportwetenskap:

Programadministrateur:

Me. Mornay Hassen
mhassen@sun.ac.za

Afdelingshoof:

Prof. Karen Welman
welman@sun.ac.za

Webwerf:

<https://www.su.ac.za/en/faculties/medicine/departments/sport-science>

Kontak ons Koördineerder:

Studente- en Akademiese Sake

by scienceadmin@sun.ac.za

Sperdatum: Doen aansoek met jou graad 11-punte teen 31 Julie

Algemene toelatings- en keuringskriteria

www.su.ac.za/ugrequirements