

Department for Exercise Science and Sports Medicine



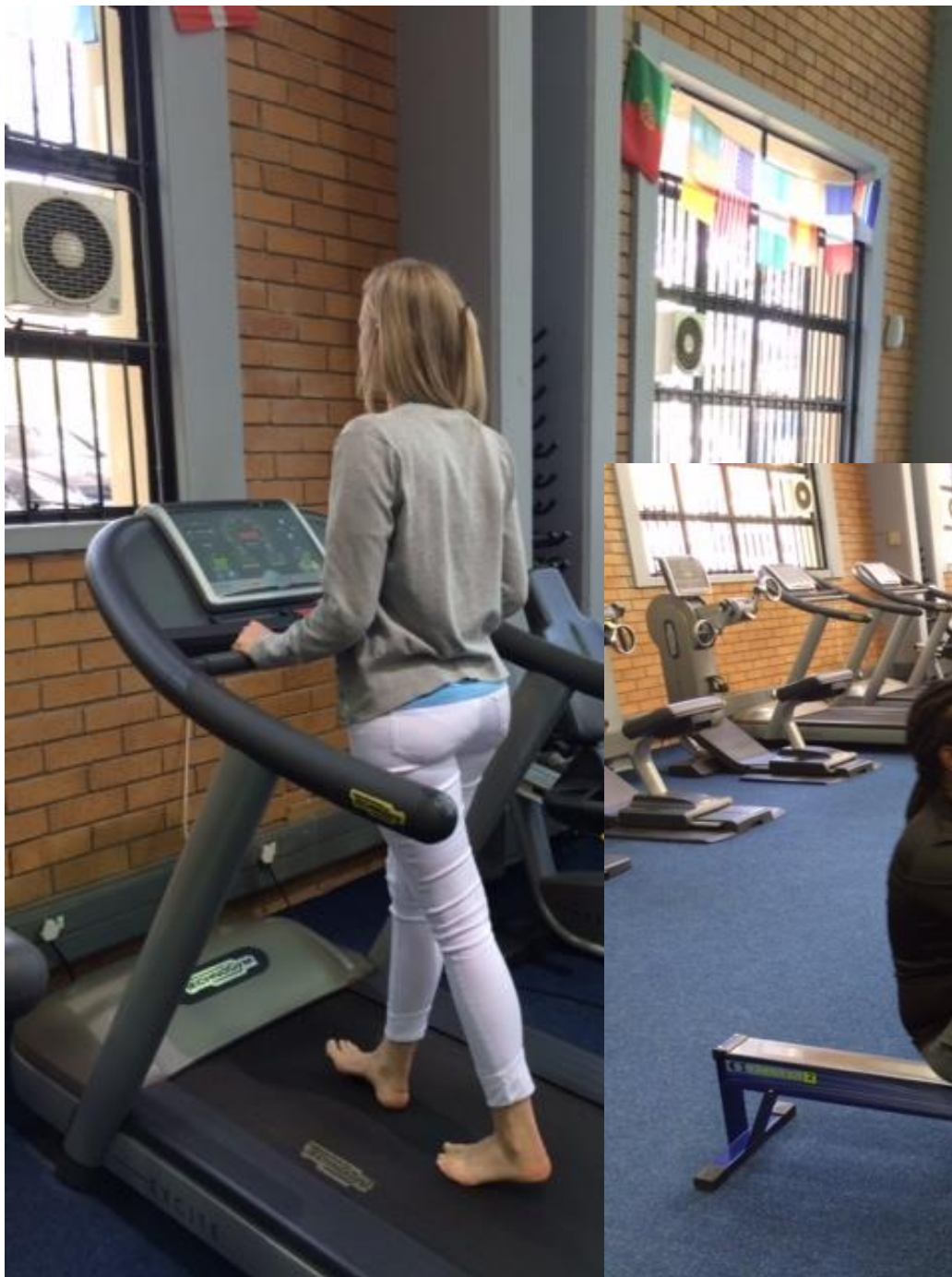
FIFA Medical Centre of Excellence
School of Therapeutic Sciences, Faculty of Health Sciences
University of the Witwatersrand
Johannesburg



Our previous facilities:







What we do:

- Sport assessments
- Sports Medicine consultations
- High performance testing for athletes at all levels
- Biokinetic Rehabilitation services
- Chronic disease rehabilitation including but not limited to cardiac rehab, pulmonary, neurological conditions



"Take care of your body, it is the only place you have to live in."



What we do:



- Health and Wellness programmes
- A variety of interventions such as low back classes, fall risk classes, weight management, pregnancy exercise classes, aquatic exercises
- Injury assessment
- Corporate wellness
- Work readiness evaluations

"Take care of your body, it is the only place you have to live in."





Academic Programmes:



- Undergraduate major in Exercise Science within the Bachelor of Health Sciences degree. This is a career path towards the Honours in biokinetics
- Bachelor of Health Sciences with Honours in Biokinetics
- Master of Medicine in the field of Sports Medicine
- Master of Medicine in the field of Biokinetics
- Masters in Sport and Exercise Science by dissertation
- PhD
- Football Emergency Medicine - a university short course and FIFA accredited



BIOKINETICS AND EXERCISE SCIENCE HONOURS



- Entry Requirements :
 - Bachelor's degree in exercise science, human movement science or equivalent
 - Successful completion of undergraduate functional anatomy and physiology (incl. exercise physiology) courses
 - Average undergraduate marks of 65% in relevant subjects

“Exercise should be regarded as tribute to the heart. – Gene Tunney”



Bachelor of Health Sciences BHSc:



Course Content:

- **First year:**

- Introduction to Medical Sciences I
- Chemistry I
- Physics I
- Psychological Foundations of Health
- Sociological Foundations of Health
- Medical Thought and Practice for Pharmacy and Health Sciences
- First Aid
- Computer Literacy

- **Second year:**

- Human Anatomy II
- Fundamentals of Health and Disease II
- Physiology and Medical Biochemistry II
- Exercise Science II

- **Third year:**

- Applied physiology III
- Exercise Science III

Bachelor of Health Sciences BHSc:



Course Content:

- **Third year:**

- Fundamentals of Health and Disease III
- Exercise Science III



1. Sports psychology
2. Applied physiology
3. Sports related injuries
4. Human motor behaviour

EXERCISE SCIENCE HONOURS



YEAR FOUR

Module 1: Concepts and Applications of the Exercise Sciences

Module 2: Strength and Conditioning Physiology

Module 3: Strength and Conditioning Programme Design

Module 4: Periodisation Training for Sports

Module 5: Athlete Testing, Evaluation and Monitoring

Module 6:
Research Report

BIOKINETICS HONOURS



Biokinetics Qualification

The following information is essential and is based on ass (HPCSA):

Purpose of the Qualification: The Purpose of the qualification is to provide students with the necessary competencies to work as a biokineticist in various settings, including the community and, public and private sectors.

Rationale for the Qualification: This qualification is designed to provide students with a professional qualification in Biokinetics as recognised by the HPCSA.

Although there are similarities between Biokinetics and other qualifications, this qualification is unique in that it deals with the following four domains or scope of practice:

1. Wellness, disease prevention and health promotion, e.g., reducing the sitting time during office hours
2. Final phase orthopaedic rehabilitation, e.g., a footballer returning to full match play
3. Management of chronic diseases and disabilities, once the condition has been clinically stabilised, e.g., type 2 diabetes mellitus and hypertension
4. Physical ability assessment for special populations, e.g., children and older persons.



BIOKINETICS HONOURS



YEAR FOUR

ESSM4005A
Biokinetics
Research
Essay

ESSM4000A Practice Management

ESSM4001A Professional Internship and
Experiential Learning

ESSM4002A Rehabilitation of Chronic
Diseases and Disabilities

ESSM4003A Special Populations and
Disability in Sport

ESSM4004A Orthopaedic Conditions and
Rehabilitation

Short courses –



BLS (BASIC LIFE SUPPORT) COURSE:

The department will arrange this during the year, and students will be expected to contribute

50% towards the fees. This course is mandatory unless the student has a valid BLS certificate.

The certificate will be valid for 2 years and will, therefore, still be valid in the internship year if

completed during the Honours year.

BASIC STRAPPING

The Honours students will be required to attend a basic strapping course, arranged by DESSM.

BASIC AQUA THERAPY

The Honours students will be required to attend a basic aqua therapy course, arranged by

- DESSM.

Contact us:



For more information contact us:

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