



UNIVERSITY OF  
ZULULAND

## COURSE OUTLINE

Lecturer: Ms. A. van Biljon; [vanbiljona@unizulu.ac.za](mailto:vanbiljona@unizulu.ac.za); (035) 902 6555

University of Zululand, Private Bag X1001, KwaDlangezwa, 3886

W: [www.unizulu.ac.za](http://www.unizulu.ac.za)

<b>Course Title</b>	Human Movement Science III A		
<b>Code</b>	SHMS311 PI	<b>Department</b>	Biokinetics & Sports Science
<b>Faculty</b>	Science & Agriculture	<b>Creation Date</b>	2013
<b>Field Programmes</b>	Sport & Exercise Science BSc. Dual Major (component of Human Movement Science Major) B.A. Dual Major (component of Human Movement Science Major)		
<b>Credits</b>	15	<b>Notional Hours</b>	150
<b>Year Level</b>	III	<b>Semester</b>	I
<b>Core or elective</b>	Core	<b>NQF Level</b>	7
<b>Prerequisites</b>	SHMS211/SHMS212	<b>Co-requisites</b>	None

### Course Description

This course is an introduction to basic principles of fitness and wellness that will provide students with a working knowledge of exercise prescription for apparently healthy groups and special populations.

### Learning Outcomes

Upon successful completion of this course, students will:

- Understand the relationship between physical activity and the prevention of illness, disease, and premature death;
- Demonstrate knowledge of the various factors that must be considered in planning and implementing a detailed exercise program;
- Demonstrate the ability to conduct appropriate exercise prescription and programming that promote specific health-related fitness components;
- Understand the general techniques involved in properly performing resistance training exercises;
- Recognize appropriate modifications of exercise prescription for specific populations;
- Demonstrate various knowledge of personal training skills.

### Critical Cross-field Outcomes

This course aims at developing the SAQA Critical Cross-field Outcomes listed below:

- Identify and solve problems in which responses display that responsible decisions using critical and creative thinking have been made;
- Work effectively with others as a member of a team, group, organisation, community;
- Organise and manage oneself and one's activities responsibly and effectively;
- Collect, analyse, organise and critically evaluate information;
- Communicate effectively using visual, mathematical and/or language skills in the modes of oral and/or written presentation;
- Use science and technology effectively and critically, showing responsibility towards the environment and health of others;
- Demonstrate an understanding of the world as a set of related systems by recognising that problem-solving contexts do not exist in isolation.

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## Outcomes-based Education (OBE)

The University of Zululand employs an outcomes-based education. OBE is a student-centered learning philosophy that places emphasis on two key elements:

- The development and implementation of clear expectations regarding learning outcomes; and
- The measuring of learning outcomes, which requires learners to demonstrate that they have attained the necessary skills and content. (Van Der Horst, H. & MacDonald, R. (1997). *Outcomes-based education. A teachers' manual*. Kagiso publishers.).

In short, OBE focuses on the intended learning outcomes that result from instruction.

## Course Examiners

This course is internally moderated by Ms. K. Frames (University of Zululand) and externally moderated by Dr. K. Nolte (University of Pretoria).

## Course Materials

The course outline, lecture notes, class announcements, logbooks, declaration and important dates are posted on Moodle: <http://sci-online.unizulu.ac.za/>. Lecture notes will be posted the day before each lecture, to allow students sufficient time to download, print, and read the notes before each lecture. All the files posted on the web will be in Portable Document Format (PDF). You must have Adobe Acrobat Reader software installed on your computer to download and print notes.

## Prescribed Text Books

- Heyward, V.H. (2010). *Advanced Fitness Assessment and Exercise Prescription. Human Kinetics, 6th Edition.*

## Further Readings

- Nieman, D.C. (2007). *Exercise Testing and Prescription: A Health Related Approach.* Mayfield Publishing Company, 6th Edition.
- Coulson, M. (2013). *The Fitness Instructor's Handbook.* Bloomsbury Publishing Plc, 2<sup>nd</sup> Edition.
- Coburn, J.W. & Malek, M.H. (2012). *NSCA's Essentials of Personal Training.* Human Kinetics, 2<sup>nd</sup> Edition.

## Class Schedule

The class schedule is tentative, so there may be deviations from the dates shown. The main purpose of this schedule is to provide students an idea of the topics that will be covered and the sequence that will be followed in class.

CHAPTER		WEEK
1	Physical Activity, Health, And Chronic Disease	9 FEB 2015
2	Principles Of Assessment, Prescription, And Exercise Program Adherence	23 FEB 2015
3	Designing Cardiorespiratory Exercise Programs	2 MARCH 2015
<b>ASSIGNMENT</b>		
Design and deliver a 30-45 minute aerobic conditioning session.		
4	Designing Resistance Training Programs	16 MARCH 2015
<b>ASSIGNMENT</b>		
Design and deliver a 30-45 minute muscular strength conditioning session.		
<b>TEST 1 (CHAPTER 1-3) 16 March 2015</b>		
5	Resistance Training And Spotting Techniques	6 APRIL 2015
6	Designing Weight Management And Body Composition Programs	13 APRIL 2015
<b>ASSIGNMENT</b>		
Design and deliver a 60 minute weight loss program.		
7	Designing Programs for Flexibility and Low Back Care	27 APRIL 2015

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ASSIGNMENT		
Design and deliver a 10 minute lower back care session.		
8	Exercise Prescription for Special Cases	11 MAY 2015
<b>TEST 2 (CHAPTER 4-7) 18 MAY 2015</b>		

## Assignments

Full details for each assignment will be given in class. Please follow these guidelines for all assignments:

1. All assignments must have an attached declaration (posted on Moodle).
2. All assignments must be typed.
3. Use 12 Times New Roman font, and 1.5 line spacing.
4. Make provision for a table of contents.
5. Reference all outside sources that you use.

*Assignments turned in late are deducted by 15% per day; assignments submitted more than 1 week late are given a zero unless prior arrangements have been made with the lecturer.*

## Practicals

Students are required to obtain a minimum of fifty (50) hours experience in exercise delivery services to apparently healthy clients in the Marius Coetsee gymnasium. Proper exercise attire is mandatory during these sessions. Grading criteria will include the quality and extent of the practical and the completeness of hours. An attendance logbook should be signed by an honour's student/lecturer/gym-manager for all conducted sessions. Logbooks must be submitted on/before 22 May 2015.

## Types of Delivery and Estimated Notional Study Hours

Contact Study	Notional Hours	Self-Study	Notional Hours
Lectures	40	Lecture related	40
Practicals	30	Practical related	10
Tutorials	10	Tutorials	3
Total contact:	80	Revision	8
		Assessments	4
		Assignment study	5
		Total Self Study:	70
<b>Total Notional Hours: 150</b>			

## Methods of Assessment (% weighting)

Continuous Assessment Marks (CAM)	Paper I	Paper II	Final Mark
Tests	15%	15%	40%
Assignments	15%	15%	
Practicals	20%	20%	
Terminal Assessment	30%	30%	60%
<b>Total</b>			100%

## Duly Performed (DP) Requirements

A subminimum of 40% is required for the CAM and a minimum attendance of 80% will be monitored by the lecturer in class.

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## Attendance

If the student has missed a class, test, or exam, it is the student's responsibility to inform the lecturer of the reason for the absence and will only be counted as excused if accompanied by a medical certificate or appropriate documentation.

## Consultation Hours

The Department of Biokinetics and Sport Science offer students 5 consultation hours per week. These hours are determined by individual lecturers and provide students access to academic consultation. Please adhere to these times displayed on my office door. Consultations outside of the prescribed times may be made upon early appointment. To have this arrangement, please email me at [vanbiljona@unizulu.ac.za](mailto:vanbiljona@unizulu.ac.za) or call my office at (035) 902 6555.

## Medical Certificates

Students who miss tests and exams due to illness or for other reasons must submit a copy of medical certificates or other acceptable documentations to the lecturer.

## Plagiarism

Plagiarism is the act of submitting or presenting work, study material, assignments, research work or inventions of someone else, irrespective of its source, as one's own creation; in some instances, even where credit or acknowledgement is given to the original source (UNIZULU's Plagiarism Policy: 12 December 2012). Penalties for such acts may result in suspension or probation. For more information on UNIZULU's Academic Policies and Procedures, visit <http://www.unizulu.ac.za/research-and-innovation/policies-and-guidelines/>.

<b><u>IMPORTANT DATES</u></b>	
<b>9 FEBRUARY 2015</b>	<b>LECTURES START</b>
<b>16 MARCH 2015</b>	<b>TEST 1</b>
<b>30 MARCH 2015</b>	<b>RECESS</b>
<b>7 APRIL 2015</b>	<b>LECTURES START</b>
<b>27 APRIL 2015</b>	<b>PUBLIC HOLIDAY (FREEDOM DAY)</b>
<b>1 MAY 2015</b>	<b>PUBLIC HOLIDAY (WORKERS' DAY)</b>
<b>18 MAY 2015</b>	<b>TEST 2</b>
<b>21 MAY 2015</b>	<b>PUBLICATION OF DP MARKS</b>
	<b>LECTURES END</b>
<b>22 MAY 2015</b>	<b>EXAMINATIONS START</b>
	<b>CLOSING DATE FOR LOGBOOK S</b>