

Course Description

The Bachelor of Science in Sport Sciences will provide the required educational base for sports professionals. All forms of sport activities carry the need for emergency first aid management of common sports injuries, adoption of appropriate nutrition, management of events, and the protection of participants from undesirable environmental, ethical and other conditions. The growing positive societal impacts of sports require professional preparation of persons to coach and train participants and teams, manage events, and prevent and treat injuries.

Course Goals

On the completion of the course, graduates will be well rounded individuals with the ability to:

- i. Harness the abundant talent and potential for excellence in sports among young people in Jamaica and other Caribbean countries.
- ii. Improve knowledge and understanding of the nutritional needs of competing athletes, prevention of injuries to athletes, response of the human body to exercise.
- iii. Provide training for the proper management of resources and the rational use of modern equipment and facilities.

Course Objectives

The course is designed to prepare graduates with the competencies to:

- i. coach at the national and international levels
- ii. demonstrate competence for advanced certification in the area of sport specialization at the national and international levels. For example FIFA Level 3 Coaching certification
- iii. demonstrate competence for the International Olympic Committee (IOC) Level Coaching

Course Design

There are three options in the Bachelor of Sports Science Degree: Sports Management, **Art & Science of Coaching** and Sports Athletics Training (Sport Physiotherapy & Conditioning).

The Art & Science of coaching option consists of 125 credit hours. This is accomplished over eight (8) fifteen (15) week semesters.

Course Structure

Year 1- Semester 1

Module	Credits
Academic Writing 1	3
Introduction to Ethics	3
Information Technology	3
College Mathematics 1A	4
Exercise Physiology	3
Community Service Project	1
Sub Total:	17

Year 1- Semester 2

Module	Credits
Basic Spanish	3
Introduction to Biomechanics and Kinesiology	3
History and Development of Competitive Sports : Jamaica and the Caribbean	3
Introduction to Sports Management	3
Introduction to Psychology	3
Sub Total:	15
Total for Year 1	32

Year 2 - Semester 1

Module	Credits
Anatomy and Physiology I	4
Academic Writing II	3
General Chemistry II	3
General Chemistry Practical II	1
Methodology of Teaching Sports and Physical Fitness	3
Advanced Kinesiology and Biomechanics	3
Sub Total:	17

Year 2 – Semester 2

Module	Credits
Anatomy and Physiology II	4
Fundamentals of Sports Psychology	3
Sports Nutrition and Fluid Management	3
Introduction to Sports Medicine & Basic Life Support	3
Sub Total:	13
Total for Year 2	30

Year 3 - Semester 1

Module	Credits
Principles of Coaching	3
Research Methodologies	3
Sociology & Politics in Sports	3
Fundamentals of Track and Field	3
Fundamentals of Football	3
Entrepreneurship	3
Sub Total:	18

Year 3 – Semester 2

Module	Credits
Strength and Conditioning of the Athlete	3
Fundamentals of Netball	3
Fundamentals of Cricket/Basketball	3
Fundamentals of Racquet Sports/Golf	3
University Elective	3
Sub Total:	15
Total for Year 3	33

Year 4 - Semester 1

Module	Credits
Applied Sports	3
Performance Analysis	
Advanced Track and Field	3
Advanced Football Training	3
Public Relations in Sports	3
Advanced Cricket/Netball/Basketball Coaching	3
Sub Total:	15

Year 4 – Semester 2

Module	Credits
Final Year Project/ Research Paper	3
Recreational Sports and Physical Fitness	3
Sports Law & Ethics	3
Injury Rehabilitation in Sports/Golf	3
Practicum and Mentorship	3
Sub Total:	15
Total for Year 4	30

Entry Requirements

Applicants must satisfy the following:

- Five passes at the CSEC General Proficiency Level with grades 1, 2 or Grade 3 as of June 1998, or at GCE 'O' Level with grades at A, B or C which must include English Language and Mathematics and a Science subject from the following list: Chemistry, Physics, Biology, Integrated Science. Physical Education would be an asset.
- Candidates with other types of academic qualifications will be evaluated in accordance with the University's regulations governing academic equivalence.
- Entry through a Prior Learning Assessment route is available to persons with experience in the appropriate subject areas.

Certification

On successful completion of the course of study, the graduate will receive the Bachelor of Science in Sport Sciences with a major in The Art and Science of Coaching.

Career Opportunities

Graduates of the course should find employment as Sport Coaches in the private and public sectors - such as schools, sports clubs and be representative of national teams. Graduates of the Art and Science of Coaching can have their own consultation or office.

Graduates will major in three different sports and can minor in others. We will be collaborating with the international bodies for international certification and qualification for our graduates.

The graduates in the BSc. Sport Sciences (The Art and Science of Coaching option) will have invaluable scientific skills. With the high demand for knowledgeable sports personnel enterprising graduates can create their own profitable employment opportunities.

Applications

Application forms are available from the Admissions Office of the University of Technology, Jamaica. Applications should be completed and returned on or before the stated deadline (stated on the annual brochures) and be addressed to:

Approximate Programme Cost: \$162,000

The Admissions Officer
University of Technology, Jamaica
237 Old Hope Road
Kingston 6

Phone: (876) 927-1680-8 or
Fax: (876) 927-1925, 977-4388

Visit our website: www.utechjamaica.edu.jm

Any further inquiries can be addressed to:
The Programme Director
Bachelor of Science in Sport Sciences
Faculty of Science and Sport
University of Technology, Jamaica
237 Old Hope Road, Kingston 6
Telephone: (876) 927-1680-8 Extns. 2329/2362
Fax: (876) 970-1787



*University of Technology,
Jamaica*

Faculty of Science and Sport

*Caribbean School of Sport
Sciences*



**Bachelor of Science in Sport Sciences
UBSSPSCFXU1**

Options:

- **Sports Athletic Training**
- ✓ **Art and Science of Coaching**
- **Sports Management**