

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, 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 prepare athletes for competition by:

- i. Working with coaches for the conditioning of the athlete
- ii. Making recommendations to medical personnel
- iii. Identifying and treating minor injuries
- iv. Aiding in the exercise physiology and psychological preparation of the athlete
- v. Providing valuable advice on the nutrition and fluid management of athletes
- vi. Recommending medically safe training facilities
- vii. Rehabilitation of athletes after injuries

Course Design

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

The Sports Athletics Training 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
*Biochemistry	4
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
Athletics Training as a Profession	3
Sub Total:	16
Total for Year 2	33

Year 3 - Semester 1

Module	Credits
Principles of Coaching	3
Research Methodologies	3
Entrepreneurship	3
Fundamentals of Track and Field	3
Fundamentals of Football	3
Sub Total:	15

Year 3 – Semester 2

Module	Credits
Strength and Conditioning of the Athlete	3
Fundamentals of Netball	3
Environmental Conditions, Protective Equipment, Bandaging & Taping	3
Pathology of Sports Injuries	3
Injuries: Upper Limb and Shoulder Complex	3
Sub Total:	15
Total for Year 3	30

Year 4 - Semester 1

Module	Credits
Hip & Lower Limb Injuries	3
Applied Sports Performance Analysis	3
Head, Spine & Torso Injuries	3
Public Relations in Sports	3
Practicum and Mentorship in Athletics Training	3
Sub Total:	15

Year 4 – Semester 2

Module	Credits
Final Year Project/ Research Paper	3
Medical Therapeutics & Doping in Sports	3
Sports Law & Ethics	3
Injury Rehabilitation in Sports	3
University Elective	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 Sports Athletics Training.

Career Opportunities

Graduates of the course should find employment as Athletics Trainers in the private and public sectors - such as schools and sports clubs, Health care givers and may even be partners in a sports medicine practice.

Presently there is a need for over 300 of these individuals in Jamaica and the Caribbean and over one million worldwide.

The graduates in the BSc. Sport Sciences (Sports Athletic Training option) will have invaluable scientific skills and could add the appropriate business training to start their own businesses. 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