
	BQA NCQF QUALIFICATION TEMPLATE	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

SECTION A: QUALIFICATION DETAILS														
QUALIFICATION DEVELOPER (S)		University of Botswana												
TITLE	Bachelor of Science in Sport Science (Exercise Science & Wellness)										NCQF LEVEL	7		
FIELD	Natural, Mathematical and Life sciences					SUB-FIELD	Sport science			CREDIT VALUE	480			
New Qualification						<input checked="" type="checkbox"/>		Review of Existing Qualification						
SUB-FRAMEWORK		General Education				<input type="checkbox"/>		TVET			<input type="checkbox"/>		Higher Education	<input checked="" type="checkbox"/>
QUALIFICATION TYPE	Certificate	I	<input type="checkbox"/>	II	<input type="checkbox"/>	III	<input type="checkbox"/>	IV	<input type="checkbox"/>	V	<input type="checkbox"/>	Diploma	Bachelor	<input checked="" type="checkbox"/>
	Bachelor Honours		<input type="checkbox"/>	Post Graduate Certificate			<input type="checkbox"/>	Post Graduate Diploma						
	Masters					<input type="checkbox"/>	Doctorate/ PhD							
RATIONALE AND PURPOSE OF THE QUALIFICATION														
<p>RATIONALE: Sport is acknowledged in contemporary Botswana policy documents as a viable means of enhancing Botswana's continued economic growth, job creation, youth empowerment, public health, national competitiveness and long-term prosperity. For example, Pillars 1 & 2 of <i>Vision 2036</i> recognize the role of sport, health and wellness in socio-economic development, while the NDP 11 acknowledges the role of sport and recreation in "reduction of youth problems, improving health, and creating a sense of unity and pride." Moreover, sport science is one of the top occupations in demand in Botswana according to the <i>Human Resource Development Council (HRDC) Priority Occupations List</i> (page 16).</p> <p>Besides, the National Human Resource Development Strategy (2009-2022) requires ETPs to identify and match the skills demand and supply sides within a job cluster, while the ETSSP <i>Strategic Priority 5: Strengthening Skills Development</i>, which calls for "Reduction rate of the human resource/skill gap in the economy" and <i>Strategic Priority 8: Developing a Responsive Tertiary Education System</i>, and enjoins ETPs to offer qualifications "meeting international standards and responding to priority needs of the labour market."</p> <p>Prior to developing the qualification, consultations were held with relevant stakeholder such as the Botswana National Sport Commission, Botswana National Olympic Committee, Botswana Sport Federations, Botswana Defence Force, Botswana Police Service, Ministry of Basic Education, Ministry of Tertiary Education, Research</p>														

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Science & Technology, HRDC, Ministry of Trade & Industry, Ministry of Environment, Natural Resources Conservation and Tourism, Botswana Colleges of Education, Botswana Vocational and Technical Colleges, Alumni, Employers, Sport Entrepreneurs and Proprietors of Gyms, Sport Clubs, Wellness Centres and Medical Clinics, Current Students, Prospective Applicants in Senior Secondary Schools, Participants at the HRDC Skills Fairs and Career Clinics, Participants at University Career Clinics, and respondents from Private Tertiary Institutions.

Stakeholders revealed during consultations and market needs analysis that sport enterprises have become more complex and technically demanding due to advances in the industry, necessitating the need for sport scientists prepared to meet the challenges of providing innovative sport goods and services at the micro and macro levels of society. Industry stakeholders therefore agreed that this sport science qualification will provide the much-needed human resource to help address the current skills gap and shortage of required professionals in the sport industry. Therefore, this qualification has been developed to fill the identified sport science resource/skills gap in the economy and meets the labour market needs for specialists in exercise science and wellness.

The qualification will provide opportunities for candidates seeking to acquire the necessary skills set, professional knowhow, hands-on experience and applied science for a successful career in public and private sport organizations, research institutions, professional sport industry and more. Regional sport and recreation businesses will also benefit from the skills, knowledge, competencies and hands-on experience of the holders of this qualification.

PURPOSE: Upon completion, graduates of the Bachelor of Science in Sport Science (Exercise Science & Wellness) will be able to:

1. Apply advanced **knowledge** of the biological, physical, pedagogical, psychological and social factors pertaining to exercise and wellness.
2. Apply **skills** of integrating and applying specialist knowledge to exercise and wellness practice, assessment, evaluation, reflection and improvement.
3. Apply behavioural, technical, and leadership **competencies** in the provision of exercise and wellness services.
4. Demonstrate appropriate **attitudes** with respect to contexts, clients, culture, ethics, continuous learning and professionalism in exercise and wellness practice.

ENTRY REQUIREMENTS (including access and inclusion)


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The normal entry requirements for admission into the Bachelor of Science in Sport Science (Exercise Science & Wellness) qualification shall be:


- NCQF Level 4, Certificate IV (BGCSE or equivalent)
- Access through Recognition of Prior Learning (RPL) and Credit Accumulation & Transfer (CAT) is allowable through institutional policies.

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SECTION B QUALIFICATION SPECIFICATION	
GRADUATE PROFILE (LEARNING OUTCOMES) Upon completion of the qualification, the graduates will be able to	ASSESSMENT CRITERIA
LO 1.0 Use advanced knowledge of anatomical, physiological and biomechanical bases of exercise to improve wellness in general and athlete populations	AC 1.1 Demonstrate an in-depth understanding of contemporary exercise and well practices. AC 1.2 Apply specialized knowledge to improve clients' wellness and exercise performance. AC 1.3 Implement evidence-based exercise and wellness programs. AC 1.4 Apply legal and ethical reasoning to practical problems encountered in the exercise and wellness industry.
LO 2.0 Apply specialized knowledge to decision-making and problem-solving in exercise settings.	AC 2.1 Conduct risk assessment to protect exercise and wellness clients from injuries. AC 2.2 Prescribe exercise regimens and therapeutic procedures that are appropriate to client fitness and performance level. AC 2.3 Manage functional deficiencies in clients based on risk factors, mechanisms and attendant effects. AC 2.4 Utilize interdisciplinary approaches to solve exercise and wellness problems
LO 3.0 Demonstrate the skills of integrating and applying specialist knowledge to exercise and wellness assessment, evaluation and improvement.	AC 3.1 Assess and evaluate client for specific exercise interventions. AC 3.2 Differentiate clients and adapt activities to suit their special needs. AC 3.4 Keep accurate and confidential records of clients' wellness profiles. AC 3.5 Conduct skilled field and lab tests and interpret test results for fitness instruction and wellness management. AC 3.6 Apply working knowledge in industrial, academic and community settings.

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LO 4.0 Demonstrate technical and leadership competencies in the provision of exercise and wellness services	AC 4.1 Select appropriate pedagogical and andragogical approaches to exercise and wellness communication. AC 4.2 Utilize information and feedback on clients' needs and concerns for service improvement. AC 4.3 Apply appropriate lab techniques for fitness testing and exercise prescription. AC 4.4 Secure informed consent in exercise labs and wellness settings. AC 4.5 Conduct research and critically interpret and evaluate exercise and wellness data for decision making. AC 4.6 Apply research results to wellness services improvement.
LO 5.0 Demonstrate entrepreneurial competencies through exercise and wellness business start-ups.	AC 5.1 Develop and implement exercise and wellness business plans. AC 5.2 Apply financial and economic analysis to exercise and wellness business processes. AC 5.3 Work with allied professionals in the exercise and wellness industry to ensure clients' optimal functioning. AC 5.4 Apply management and leadership principles in the provision of exercise and wellness services. AC 5.5 Engage in innovative exercise and wellness promotion.
LO 6.0 Demonstrate appropriate attitudes and professionalism in exercise and wellness practice	AC 6.1 Demonstrate interpersonal skills in exercise or sport situations. AC 6.2 Uphold the rights and dignity of people in exercise and sport situations AC 6.3 Implement an inclusive exercise and wellness action plan that enhances physical activity for all AC 6.4 Show respect for clients with differing abilities in physical activity needs. AC 6.5 Apply legal and ethical principles to programming of exercise and wellness interventions for diverse clientele.

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	AC 6.6 Evaluate own professional strengths and weaknesses. AC 6.7 Engage in lifelong learning and continuing professional development.
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SECTION C		QUALIFICATION STRUCTURE				
COMPONENT	TITLE	Credits Per Relevant NCQF Level				Total (Per Subject/ Course/ Module/ Units)
		Level [5]	Level [6]	Level [7]	Level [8]	
FUNDAMENTAL COMPONENT <i>Subjects/ Courses/ Modules/Units</i>	Communications and Academic Literacy Skills	5				24
	Computing Skills Fundamentals	5				24
	Principles of Biology	5				24
	General Chemistry	5				12
	Socio-cultural Foundations of Sport & Exercise	5				12
	Introductory Biochemistry		6			12
CORE COMPONENT <i>Subjects/Courses/ Modules/Units</i>	Cell Biology		6			12
	Aquatic Skills		6			12
	Principles of Exercise and Sport Training		6			12
	Exercise for Special Populations		6			12
	Exercise Lab Techniques		6			12
	General Optics and Mechanics, Vibrations and Waves		6			12
	Motor Learning & Skills Acquisition		6			12
	Human Anatomy			7		12


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	Human Physiology			7		12
	Special Needs and Adapted Physical Activity			7		12
	Kinesiology			7		12
	Sport Science Internship			7		12
	Biochemistry of Exercise			7		12
	Nutrition for Sport, Exercise and Wellness			7		12
	Applied Biomechanics			7		12
	Research Methods in Sport & Exercise			7		12
	Principles of Sport & Exercise Psychology			7		12
	Exercise Physiology			7		24
	Strength & Conditioning Technique			7		12
	Tests, Measurement & Evaluation in Sport & Exercise			7		12
	Sport Science Internship			7		12
	Exercise Testing, Prescription & Counselling			7		12
	Sport Science Research Project				8	24
	High Performance Training, Analysis & Evaluation				8	12
	Sport Injuries Rehabilitation				8	12
	Entrepreneurship in Sport & Exercise				8	12

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ELECTIVE/ OPTIONAL COMPONENT Subjects/Courses/ Modules/Units	Choose any three from this component					
	Coaching Techniques and Strategies in Badminton			7		12
	Coaching Techniques and Strategies in Basketball			7		12
	Coaching Techniques and Strategies in Handball			7		12
	Coaching Techniques and Strategies in Table Tennis			7		12
	Coaching Techniques and Strategies in Cricket			7		12
	Coaching Techniques and Strategies in Hockey			7		12

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SUMMARY OF CREDIT DISTRIBUTION FOR EACH COMPONENT PER NCQF LEVEL	
TOTAL CREDITS PER NCQF LEVEL	
NCQF Level	Credit Value
5	96
6	96
7	228
8	60
TOTAL CREDITS	480
Rules of Combination: (Please Indicate combinations for the different constituent components of the qualification)	
<ul style="list-style-type: none"> • Fundamentals: 96 • Core: 348 • Electives: 36 (Choose any three from the electives component) 	

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ASSESSMENT ARRANGEMENTS

There will be formative and summative assessments.

Formative Assessment: 60%

Summative Assessment: 40%.

Theses & Dissertations (100%)

Theses & Dissertations will be internally and externally/assessed moderated

Assessments will be conducted by BQA registered and accredited assessors.

MODERATION ARRANGEMENTS

There will be internal and external moderation in accordance with the institutional policy and in line with the national policy on assessment and moderation

RECOGNITION OF PRIOR LEARNING

There is a provision for the award of the qualification in full or in part through Recognition of Prior Learning (RPL) in line with the National RPL Policy.

CREDIT ACCUMULATION AND TRANSFER

There is a provision for the award of the qualification in full or in part through Credit Accumulation and Transfer (CAT) in line with the National CAT Policy.

PROGRESSION PATHWAYS (LEARNING AND EMPLOYMENT)

LEARNING PATHWAYS:

Horizontal Pathway: Bachelor of Human Movement Science

Bachelor of Sport & Exercise Science

Bachelor of Strength & Conditioning


Vertical Pathway: Bachelors of Sport Science (Honours)

Postgraduate Diploma in Exercise Science

Masters of Sport & Exercise Science

MSc in Clinical Exercise Physiology

MSc in Strength and Conditioning

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EMPLOYMENT PATHWAYS

- Exercise, Fitness/Teacher/Lecturer/Instructor
- Exercise and Sport Scientist
- Strength & Conditioning Specialist
- Athletic/Personal Trainer
- Health/Fitness Club Manager
- Fitness Assessor and Examiner
- Exercise and Wellness Programmer
- Exercise and Sport Researcher
- Wellness Promotion Officer
- Exercise and Wellness Entrepreneur

QUALIFICATION AWARD AND CERTIFICATION

Minimum standards of achievement for the award of the qualification

To be awarded a Bachelor of Science in Sport Science (Exercise Science & Wellness) qualification, a candidate is required to achieve a minimum of 480 credits.

Certification


Candidates meeting prescribed requirements will be awarded the qualification and will be issued a certificate and an official transcript.

REGIONAL AND INTERNATIONAL COMPARABILITY

The following are comparable programmes regionally and internationally:

Regional Universities

The **Tshwane University of Technology** offers a comparable 480 credits Bachelor of Health Sciences in Biokinetics at its Pretoria Campus. It has similar entry requirements such as a minimum of C grade English, Mathematics, Physics and Biology. Minimum duration is four years. The qualification equips students with knowledge, skills and values to safely promote health, physical activity, participation and sport performance. Indicative courses include Biomechanics, Exercise Physiology, exercise testing and prescription, human anatomy, human physiology, motor learning and human development, nutrition, research principles and research project. https://www.tut.ac.za/ProspectusDocuments/2021/B_Biokinetics_2021.pdf

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University of Johannesburg offers a comparable Bachelor of Health Sciences in Sport and Exercise to provide graduates with analytical, interpretive, and integrative skills in sport and exercise science. The qualification prepares graduates for careers such as sports coaches, exercise specialists, sport scientist, sport coach, fitness instructor, health and lifestyle instructor/consultant, and performance analyst. Similar modules offered include Kinesiology, Anatomy & Physiology, Sport Practice, Didactics and Exercise Science, Developmental Sport Psychology, Perceptual Motor Learning and Research, Anatomy, Biokinetics, Biomechanics, Nutrition, Exercise Physiology, Perceptual Motor Behaviour, Pathophysiology, Clinical Exercise, Science Practice.


<https://www.uj.ac.za/faculties/health/Sport-and-Movement-Studies>

International Universities

University of Bedfordshire (UK) offers a BSc Sport and Exercise Science qualification taught within the Undergraduate Modular Scheme (UMS). It is built on a nationally recognized framework in which 120 credits at each level make up the UMS. Foundational courses are compulsory for candidates applying for the 4-year BSc with Foundational Year. Sample courses include Academic Writing Skills, Anatomy and Biomechanics, Applied Exercise Practice, Biomechanics For Sport And Exercise Science, Human Physiology, Introduction to Sport And Exercise Psychology, Principles of Nutrition, Scientific Research Methods, Biomechanics, Dissertation Preparation, Exercise Physiology, Measurement and Assessment, Motor Performance and Learning Physiology Of Exercise And Adaptation, Professional Development And Employability, Quantitative Research Methods, Social Psychology Of Sport and Applied Exercise Physiology. Horizontal pathways include Clinical Exercise Therapy BSc (Hons), vertical pathways include MSc in Clinical Exercise Physiology and MSc in Strength and Conditioning while employment pathways include Fitness consultant, Sport nutritionist, PE Teacher, Sports Performance Analyst, Coaching and Sports development.

<https://www.beds.ac.uk/howtoapply/courses/undergraduate/next-year/sport-and-exercise-science>

The **University of Limerick (Ireland)** offers a a four-year qualification Bachelor of Science in Sport and Exercise Sciences pitched at NFQ Level 8 (480). It is undergirded by core courses such as Exercise Physiology, Biomechanics and Psychology to deepen students' understanding of the scientific bases of exercise, sport performance, and physical activity. Physics and Maths are included in the foundational courses. Delivery

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methods include labs, practical sessions, hands-on experience, project, and an eight- month placement during the third year.

<https://www.ul.ie/courses/bachelor-science-sport-and-exercise-sciences>

Similarities between the proposed qualification and comparable ones regionally and internationally are:

- 4-year duration
- Multidisciplinary modules
- Career prospects
- Internship
- Inclusion of science subjects in the entry requirements

Differences

- The proposed qualification requires 480 credits while some comparable require 470 or less
- Internship placements are done at both levels 200 and 300, University of Limerick, for instance, conducts placements in the third year.
- The proposed qualification incorporates health and wellness in its modules and applications.

REVIEW PERIOD

The qualification will be reviewed every 5 years.

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