



BSc (Med) (Hons) in Exercise Science (HUB4041W)

UCT/MRC Research Unit for Exercise Science and Sports Medicine
Department of Human Biology
Faculty of Health Sciences
University of Cape Town

OVERVIEW

The programme is aimed at introducing students to an academic or research career in exercise science. It consists of modules and a research project. The academic year begins with a laboratory techniques course, which is a practical module aimed at teaching students basic and advanced molecular and biochemical techniques. Students also attend a scientific communication module that runs throughout the academic year and trains them in scientific writing and data analysis. In addition, students attend six programme modules. Each module covers a specific field in exercise science. The research project begins in March and ends in October. During that period, students become integrated into research groups and participate in weekly research discussions and seminars.

FREQUENTLY ASKED QUESTIONS

1. *When do applications for 2012 open and close?*

Applications open in May 2011 and the closing date is 30 September 2011.

2. *Who do I contact for an application form?*

Contact Mrs Salega Tape at the University Postgraduate Office. Her email address is Salega.Tape@uct.ac.za Tel 021 406 6340.

3. *Who should I contact if I have any other queries related to the coursework and eligibility of selection?*

Please contact the course coordinator, Professor Mike Lambert at Mike.Lambert@uct.ac.za or 021 650 4558.

4. *What are the admission requirements?*

A BSc majoring in a biological science, or an MBChB; or a BSc in Nutrition and Dietetics; or a BSc in Physiotherapy; or a BSc in Occupational therapy; or an approved equivalent degree. Other prerequisites include:

- (i) Undergraduate degree to include one senior full course in physiology or biochemistry
- (ii) An above average academic record
- (iii) Evidence of interest in and/or experience of the scientific aspects of sport.

5. *How many students are selected every year?*

We have the capacity to have up to 5 students in our course each year.

6. *How are students assessed?*

Marks are accumulated throughout the year with all the class tests, practical assignments and presentations. The final examination consists of 2 papers (1 Theory) and (1 Paper on a research article) and an oral examination.

7. *Which modules are included in the course?*

All students do a core module course at the beginning of the year which covers basic principles of physiology and biochemistry with relevance to exercise. This is followed by six thematic modules on specialist topics;

- Biological Basis of Physical Activity/Inactivity and Health
- Sports Nutrition and exercise
- Obesity and the metabolic syndrome
- High performance
- Biology of musculoskeletal soft tissue injuries
- Biomechanics and technology in sport

8. *Is there any additional coursework?*

Throughout the year there are lectures with Professor Noakes and Department Meetings and presentations every Friday. Furthermore the various research groups have meetings where they discuss various journal articles.

9. *Can you tell me more about the research unit (ESSM)?*

More information about ESSM can be found on the SSISA website (www.ssis.com) - click on the "Science and Research" tab.

10. *What career opportunities are there following this degree?*

Following the honours degree the student will be equipped to work in a laboratory as a research technician, teach in a school, teach at a university (Junior Lecturer level) or work in the commercial market place with a company that is involved in the business of health and fitness.

11. *Can I do any further training?*

Most Honours students will choose to study further and do an MSc or PhD degree. An MSc degree takes two to three years to complete and a PhD degree takes about another three years thereafter. This training ensures that the student becomes specialised and it is often the specialisation which creates an opening into a fulfilling job. The scope of work opportunities increase significantly with a PhD degree. A candidate with a PhD degree and who has published his or her research findings in peer-reviewed international journals will be competitive in applying for an academic career at a tertiary institution, either locally or abroad. Such a position typically involves teaching, research, fund raising for research, consulting and administration.