

MPHIL BIOKINETICS COURSE OUTLINE:

Introduction:

The new MPhil in Biokinetics will be one of the first such qualifications offered in South Africa. A structured master's programme with research will provide an opportunity for important clinical continuing education for the biokineticist, as well as creating a platform for conducting clinically relevant research to add to the growing body of evidence-based practice.

Aim:

One of the primary aims of the MPhil Biokinetics degree is provide in-depth and advanced training into the four sub-areas of Biokinetics. The course also aims to fulfil a need that practicing Biokineticists have highlighted (via a survey) to provide an evidence-based, and continuously updated approach to the Biokinetics clinical rehabilitation and management of patients and clients. Additionally, this course provides a vehicle for engaging students in clinically relevant research in the discipline of biokinetics and therapeutic exercise.

Modules:

1. Physical Activity and Health
2. Clinical Exercise Physiology
3. Research Methods and Statistics
4. High Performance Athlete (including team management and travel)
5. Biokinetics in the workplace: Ergonomics and Employee Wellness
6. Advanced Strength and Conditioning (in-line with US qualification)
7. Biokinetics in persons with neuromuscular conditions
8. Biokinetics, supplements and ergogenic aids

The modules will comprise of 12-16 face-to-face lectures. Half of the lectures will take place during a 'block week' at the beginning of the semester. The balance of lectures will take place once every second week until the end of the semester.

The evaluation for each of the modules will comprise of two assignments and a written exam. The assignments will be submitted during the semester and the exam will take place at the end of each semester. The student must pass each of the modules (50% pass mark) in order to qualify for the degree. The results obtained in the eight modules will form 50% of the overall mark.

Dissertation:

Each student will be required to complete a dissertation, with the bulk of the work being completed in the first year of study. Therefore the dissertation must be submitted in December in year one of the course. The aim is to submit the dissertation to a peer-reviewed journal before graduation.

It is envisaged that students will build on the research they conducted during their honours year, thus expanding their honours research study to meet the requirements for a Masters level dissertation.

FREQUENTLY ASKED QUESTIONS:

1. When do applications open and close?

Applications open in April and the closing date is the 31 August.
Applicants will be informed of the outcome in October.

2. Who do I contact for an application form?

Contact Ms Salega Tape at the UCT Postgraduate office. Her email address is: salega.tape@uct.ac.za and her telephone number is 021 021 406 6340

3. Who should I contact if I have any other queries related to the course work?

Please contact the course coordinator, Dr Tracy Kolbe-Alexander. Her email address is: tracy.kolbe-alexander@uct.ac.za and her telephone number is 021 6505126.

4. How long does it take to complete the MPhil Biokinetics degree?

This is a two-year course.

5. What is the over view of the course?

The course comprises of 8 modules and a thesis, each contributing 50% towards the final mark.

Three modules and the thesis are completed in year one, and the remaining 5 modules in year 2.

6. How often do lectures take place?

The modules are completed on a semester basis, and starts with 2.5 days of lectures at the beginning of the semester. There-after, one lecture takes place approximately every second week.

7. How are the modules evaluated?

Students must attend all the lectures in the 2.5 days at the start of the semester and at least 80% of lectures. There are two assignments and one exam per module. The exam takes place the last week of the semester.

8. Which modules take place in year 1?

Physical Activity and Health
Clinical Exercise Physiology
Research Methods and Statistics

9. Which modules take place in year 2?

High Performance Athlete (including team management and travel)
Biokinetics in the workplace: Ergonomics and Employee Wellness
Advanced Strength and Conditioning (in-line with US qualification)
Biokinetics in persons with neuromuscular conditions
Biokinetics, supplements and ergogenic aids

10. How much does the dissertation contribute to the final mark?

Each student must complete a dissertation, the sub-section of which are; research proposal, literature review and the research project which can be drafted as for a peer-

reviewed publication. The dissertation contributes 50% to the final mark and should therefore comprise of two chapters (peer reviewed manuscripts).

11. A summary of the MPhil two-year programme:

	Semester One	Semester Two
Year One	<p>Modules:</p> <ul style="list-style-type: none"> • Research methods and statistics • Clinical Exercise Physiology <p>Dissertation: Research proposal and literature review</p>	<p>Modules: Physical Activity – Epidemiology and health messaging</p> <p>Dissertation: Literature review, Data collection, cleaning, statistical analysis, submit manuscript to supervisor</p>
Year Two	<p>Modules:</p> <ul style="list-style-type: none"> • High Performance Athlete • Biokinetics in the workplace <p>Dissertation: Complete dissertation – submit manuscript to journal by end February.</p>	<p>Modules:</p> <ul style="list-style-type: none"> • Advanced Strength and Conditioning • Biokinetics in persons with neuromuscular conditions • Biokinetics, supplements and ergogenic aids