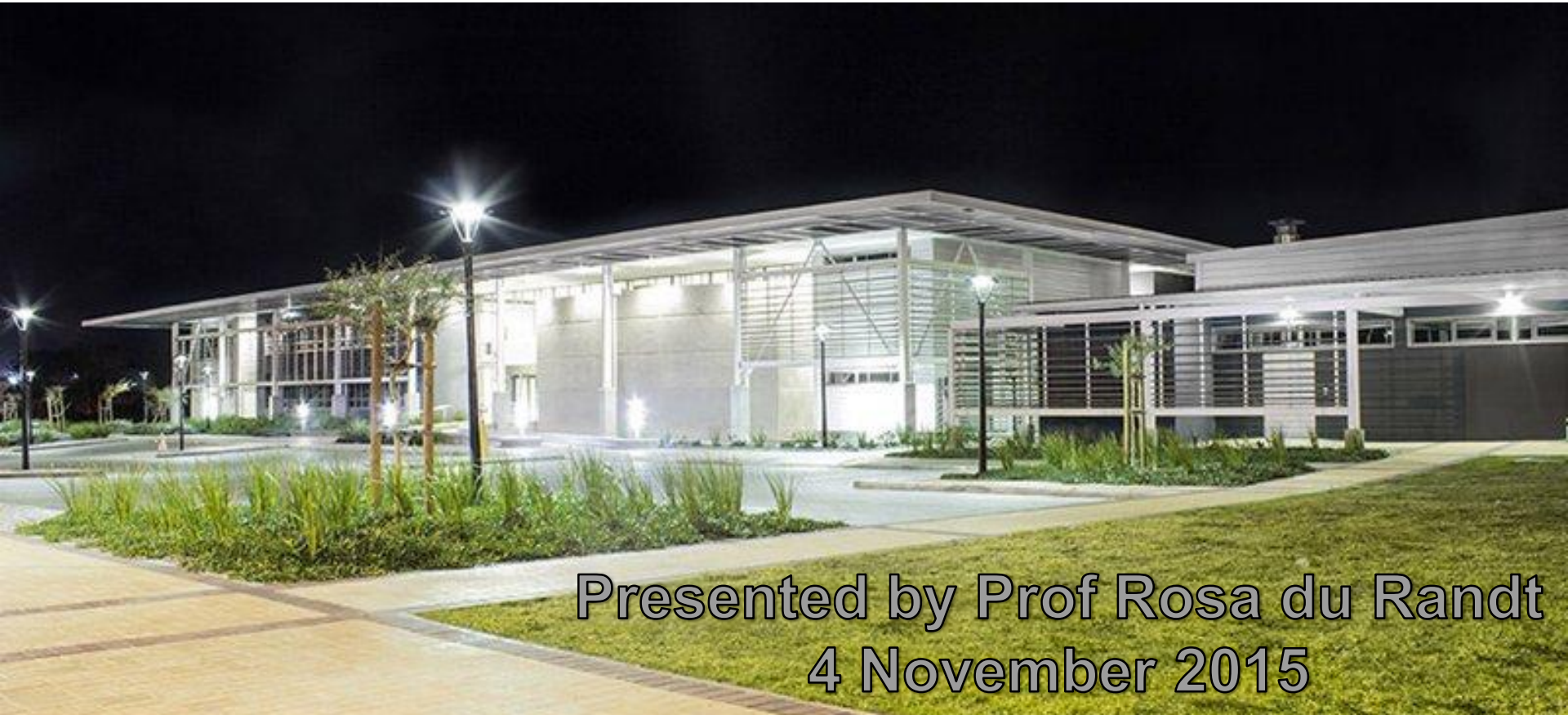


Department of Human Movement Science

BIOKINETICS AND SPORT SCIENCE UNIT (BSSU)



Presented by Prof Rosa du Randt
4 November 2015

MANAGEMENT



Prof Rosa du Randt

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BACKGROUND INFORMATION

(What led to the establishment of the Unit)

Provide opportunities for:

- Work integrated learning for students
- Biokinetic and Sport Science services
- Third stream income
- Establishment of the High Performance Complex



BENEFICIARIES

Internal clients:
(NMMU staff and
students &
Madibaz Sport)

External clients:
(Community,
Sports people or
medical or self
referrals)

- * Health promotion,
restoration and rehabilitation
- * Performance enhancement
services over entire
development pathway

Internal and External partners/stakeholders

Dietetics

Madibaz
Sport

EP Kings
Rugby
Academy

ECAS

ENGAGEMENT INTEGRATION INTO TEACHING AND LEARNING AS WELL AS RESEARCH AND SERVICE FUNCTIONS OF NMMU

- Work integrated learning: third year and honours level
- Facilitate research at M and D level



BIOKINETICS AND SPORT SCIENCE UNIT (BSSU)

Teaching and learning, research and service activities

BSSU:

1. Provides education and professional training to postgraduate Biokinetics and Sport Science students
2. Provides professional service to internal and external community
3. Facilitates relevant research in Human Movement Science



BIOKINETICS AND SPORT SCIENCE UNIT (BSSU)

Teaching and learning, research and service activities (cont)

External experiential learning and community service sites.

Aurora Hospital: BSSU assists with hydrotherapy treatment to stroke, spinal cord and head injury patients and is part of the multidisciplinary rehabilitation team.

Cheshire Homes (at outreach venue and local).

Rehabilitation sessions with in-patients to improve their physical condition and reduce complications developing from contractures and decreased muscle tone.

Welbedacht Centre:

Rehabilitating patients with substance abuse.

Provide physical fitness, evaluations and exercise prescription

Retirement Communities:

- ❖ Dunandt Park, Kruger Gardens , Somerson and Walton Park Retirement Villages, Lapa Munich:
- ❖ Weekly group exercise to local aged community



Corporates and Community:

- ❖ Rehabilitative and fitness evaluations are offered to general public.
- ❖ Health and wellness is promoted through presentations and workshops conducted.

ACVV Sports Day for Older Persons

- ❖ Host and facilitate the annual Sports Day for Elderly 60 years and older.



Local schools projects

- ❖ Practical implementation of Physical Education in New Brighton Schools (e.g.)



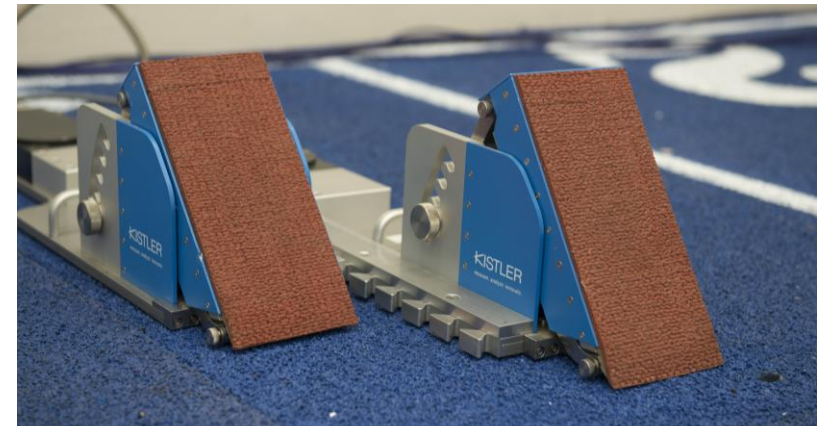
High Performance Complex

- ❖ Academic programmes and services in the fields.
- ❖ Professional performance enhancement and sport science-related services to both the community and elite athletes.
- ❖ High-end specialized laboratory testing
- ❖ Strengths and weaknesses are identified – intervention services provided.
- ❖ Access to support services (Dietetics, sport psychology, sports management)



RESEARCH OUTPUTS

The BSSU facilitates research that is generated via the Department of Human Movement Science.

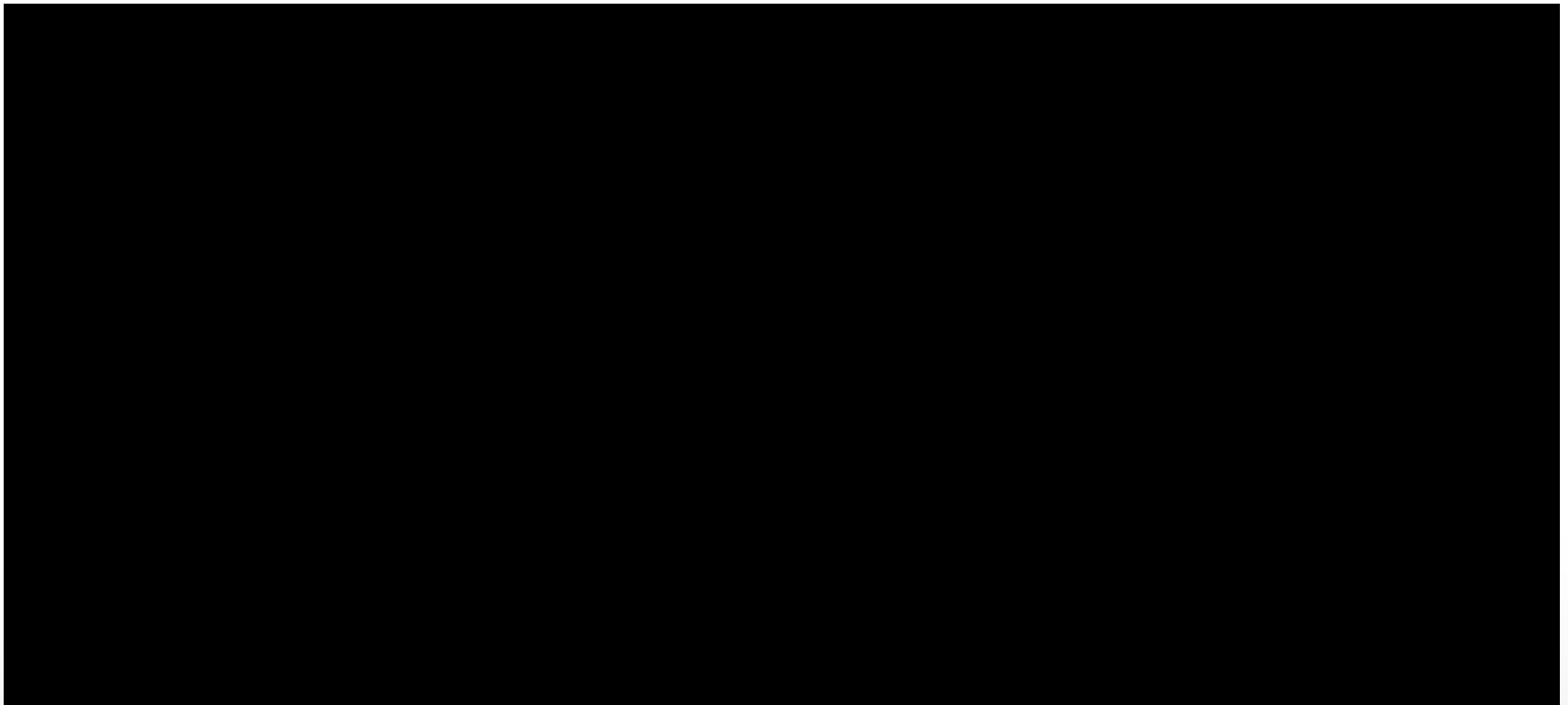


BENEFITS TO STAKEHOLDERS, STAFF, STUDENTS, INSTITUTION AND COMMUNITY

- ❖ Onsite assessment of health and physical components – intervention programs
- ❖ Athlete evaluations and high performance recommendations
- ❖ Onsite rehabilitation facility
- ❖ NMMU discounted rates



High Performance Complex video





THANK YOU