

BACHELOR OF SPORTS SCIENCE

Introduction

The Bachelor of Sports Science (BSS) programme has been developed at Makerere University both in terms of its academic and applied aspects to provide the trained human resources with the talents required in an increasing national and international demand on highly trained sports scientists, sports tutors, researchers, coaches, sports club managers, community sports development officers and sports promoters who understand the scientific, behavioral and theoretical basis of sport.

Objectives

The Sports Science programme at Makerere University Faculty of Science is wide and integrated. Its objectives are:

- To expose students to the application of science to sport and exercise.
- To produce sports scientists, high profile coaches, sports managers and community sports developers for high level and elite performances and social development.

Target Group

Sport as a specialized field of study demands very active practical experiences besides its academic (theoretical) requirements. Therefore the primary target group are those who must have had a sufficient A-level education and 2nd class diploma holders from ITEK, NTCs, UPK, Paramedical Institutions and other recognized institutions and those who passed Makerere University Mature-Age scheme Entry examinations will be considered for admission.

Programme Structure

The structure of the programme will include lectures, laboratory exercise, actual performance/practical work and some field trips. All students will be required to fulfill requirements for two Sports practicals per semester from the list provided for the semester. Special groups, such as the disabled, will be considered when facilities for the programme have improved.

The Curriculum

The duration of the programme will run for 6 semesters and will lead to the award of the degree of Bachelor of Sports Science (B.SS).

Year I: Semester I		
Course Code	Course	CU
SPS 1101	Introduction to Sports Science	2
SPS 1102	Introduction to Biochemistry	3
SPS 1103	Basic Organic Chemistry	3
SPS 1104	Human Anatomy	3
SPS 1105	Classical Mechanics	3
SPS 1106	General Psychology	3
SPS 1107	Computer Literacy	3
SPS 1108	Soccer	4
SPS 1109	Netball	2
SPS 1110	Swimming 1 (Introduction to Swimming)	2
PHYSICAL ACTIVITY (Electives)		
PAC 1101	Soccer I	1
PAC 1102	Basketball	1
PAC 1103	Volleyball	1
PAC 1104	Netball	1
PAC 1105	Badminton	1
PAC 1201	Track and Field	1
Semester II		
SPS 1201	Introduction to Biochemistry	3
SPS 1202	Motor Growth Devt. And Skills Acquisition	3
SPS 1203	Human Physiology	3
SPS 1204	Biomechanics	3
SPS 1206	Elements of Probability and Statistics	3
SPS 1207	Psychology of Sport	3
SPS 1208	Track and Field	3
SPS 1209	Volleyball	2
SPS 1210	Tennis	2
SPS 1211	Motor Growth Development & skill Acquisition	3
SPS 1212	Human Physiology	3
SPS 1213	Biomechanics	3
SPS 1214	Introduction to Zoology (vertebrates)	3
SPS 1215	Statistics	3

PHYSICAL ACTIVITY		
(ELECTIVES Courses)		
PAC 1202	Swimming I	1
PAC 1203	Racquet Sport	1
PAC 1205	Sports for All	1
PAC 1204	Olympic/Educ. Gym.	1
Year II: Semester I		
SPS 2101	Sports Management I	3
SPS 2102	Physiology of Exercise	4
SPS 2103	Sports Pedagogy I	3
SPS 2104	Socio-Psychology of Sport	3
SPS 2105	Biomechanical Analysis	3
SPS 2106	Biomedical implications of Sport	3
SPS 2107	Sports Administration & Mgt	2
SPS 2108	Research Methods in Sports and Exercise	3
SPS 2109	Motor Learning and behaviour	2
SPS 2110	Cricket	2
SPS 2111	Basketball	2
SPS 2112	Handball	2
SPS 2113	Rugby	2
PHYSICAL ACTIVITY COURSES		
PAC 2101	Soccer II	1
PAC 2102	Basketball II	1
PAC 2103	Handball-1 st quarter	1
PAC 2104	Strength and Condition	1
PAC 2105	Rugby	1
Semester II		
SPS 2201	Biochemistry of Sport & Exercise	3
SPS 2102	Principles of Nutrition	2
SPS 2203	Motor Learning and Behavior	3
SPS 2204	Scientific Principles of Resistance Training	3
SPS 2205	Research Methods in Sports and Exercise	3
SPS 2206	Introduction to Sports Coaching	3
SPS 2207	Microbiology/Parasitology (Zoo 2202)	3
SPS 2208	Microbiology (Parasitology)	3
SPS 2209	Sports Pedagogy	3
SPS 2210	Badminton	2
SPS 2211	Swimming II (Water Safety)	2
SPS 2212	Strength and Conditioning	2
SPS 2213	Aerobics & Dance	2

PHYSICAL ACTIVITY COURSES		
PAC 2201	Track & Field II	1
PAC 2202	Swimming II	1
PAC 2203	Cricket	1
PAC 2204	Gymnastics	1
PAC 2205	Independent Study	1
Year III: Semester I		
SPS 3101	Sports Pedagogy	4
SPS 3102	Theory and Methods in Training	3
SPS 3103	Body Composition and Assessment	2
SPS 3104	Sports Management II	2
SPS 3105	Youth, Gender Issues and Sport	2
SPS 3106	Nutrition for Sports and Health	3
SPS 3107	Application of Pedagogical Skills	4
SPS 3108	Independent Study in Sports Exercise	3
SPS 3109	Soccer Clinic	2
SPS 3110	Basketball Clinic	2
SPS 3111	Volleyball Clinic	2
SPS 3112	Netball Clinic	2
SPS 3113	Badminton Clinic	2
SPS 3114	Handball Clinic	2
COACHING CLINIC		
PAC 3101	Soccer Clinic	2
PAC 3102	Basketball Clinic	2
PAC 3103	Volleyball Clinic	2
PAC 3104	Netball Clinic	2
PAC 3105	Badminton Clinic	2
PAC 3106	Hockey Clinic	2
Semester II		
SPS 3201	Independent study in Sports & Exercise	3
SPS 3202	Ethics Issues in Sport and Exercise	3
SPS 3203	Exercise, Health & Age	3
SPS 3204	The Elite Athlete/Olympic Games	3
SPS 3205	Issues in Socio-Psychology of Sport	3
SPS 3206	Research Project	4
SPS 3207	Scientific Analysis of Sport	2
SPS 3208	Sports Economics & Mgt	2
SPS 3209	Sociology of Sports	2

SPS 3210	Track and Field Clinic	2
SPS 3211	Swimming Clinic	2
SPS 3212	Tennis Clinic	2
SPS 3214	Cricket Clinic	2

COACHING CLINIC		
PAC 3201	Track & Field Clinic	2
PAC 3202	Swimming Clinic	2
PAC 3203	Tennis Clinic	2
PAC 3204	Rugby	2
PAC 3205	Cricket	2

BACHELOR OF SCIENCE IN ETHNOBOTANY

Objectives

The overall objective of the programme is to produce sufficiently trained persons who will put ethno botany on a sound scientific base for sustainable use and management of plant resources for posterity.

The specific objectives of the programme are:

1. To advance and diffuse indigenous knowledge of plants for conservation of our national heritage.
2. To establish a cadre of well-trained personnel that will make greater contributions to the utilization and conservation of plant genetic resources.
3. To enhance awareness of the role played by ethno botany in the economic, cultural, social, recreational and health of the majority of the people in developing countries.
4. To develop ethno botany in Uganda as a multidisciplinary subject.
5. To promote appreciation of the extreme richness and value of Uganda's indigenous flora.
6. To create awareness of the legal implications regarding exploitation of natural resources.

Programme Structure

Year I: Semester I		
Course Code	Course	CU
ETB 1101	Introduction to Ethnobotany	3
ETB 1102	Natural Resources Ecology	3
ETB 1103	Tropical Rainforest Ecology	3
ETB 1104	Introduction to Economics	3
ETB 1105	Plant Community Structure and Composition	3
ETB 1106	African Biogeography and Conservation	3

Semester II		
ETB 1201	Classification and Identification	3
ETB 1202	Botanical Nomenclature	3
ETB 1203	Plant Use and Identification	3
ETB 1204 ^N	Cultural Anthropology	3
ETB 1205	Training Education and Advocacy	3
ETB 1206	Plant Structures and Function	3
BOT 1203	Introduction to Plant Function	2
Year II: Semester I		
ETB 2101	Medicinal and Poisonous Plants of E. Africa	4
ETB 2102	Plant Classification	4
ETB 2103 ^N	Introductory Organic Chemistry	4
ETB 2104	Taxonomy of Fungi	3
ETB 2105 ^N	Medical Ethnobotany	3
ELECTIVES: (Students will select at least one elective)		
ETB 2106	Applied Microbiology	3
ETB 2107	Plant Propagation and Cultivation	3
Semester II		
ETB 2201	Techniques of Plant Resources, Valuation	3
ETB 2202	Plant Resources Analysis and Economic Development	3
ETB 2203	Phytochemistry	3
ETB 2204	Plant Resources Conservation and Management	3
ETB 2205	Ethnobotany and Community Development	3
ELECTIVES: (At least one elective)		
ETB 2206	Ethnopharmacology & Related Fields	3
ETB 2207	Palynology	3
ETB 2208	Internship	3