

BIOKINETICS

MOVEMENT IS MEDICINE.

Biokinetics uses scientifically designed exercise to restore physical function, manage chronic disease and help people live healthier, stronger lives.



MOVE • RESTORE • PREVENT • EMPOWER

COULD **BIOKINETICS** BE FOR YOU?

“*ARE YOU FASCINATED BY THE HUMAN BODY, BY EXERCISE, AND BY WHAT MOVEMENT CAN DO?*”

EVER **WONDERED?**



WHY CAN'T THE SAME
EXERCISE HEAL ONE
PERSON?



HOW DOES SOMEONE
GET FROM A HOSPITAL
BED BACK ONTO A
SPORTS FIELD



WHAT IS ACTUALLY
HAPPENING INSIDE THE
BODY WHEN EXERCISE
STARTS TO WORK?

These are questions biokineticists answer for a living.

WHAT WILL I ACTUALLY DO?

You will learn to read a body. How it is built, how it moves, where it is compensating and what it can safely be to do. Then you will learn to act on what you read: testing physical ability, interpreting the results and building an exercise programme for one specific person with one specific set of needs.



READ THE BODY

Understand how it is built, how it moves and where it is compensating.



TEST

Assess physical ability.



INTERPRET

Make sense of the results.



DESIGN

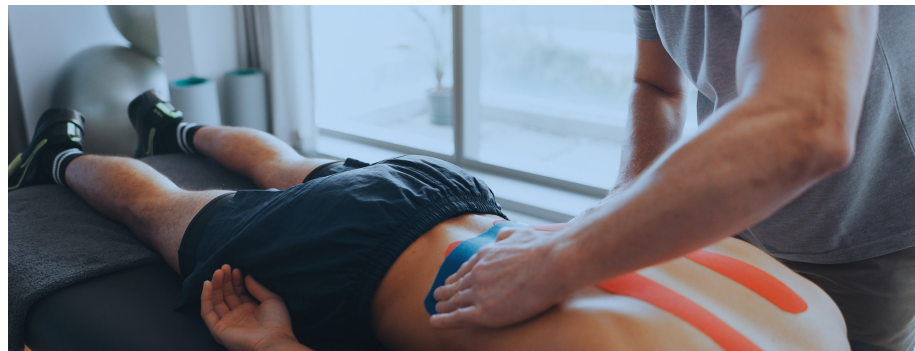
Build an exercise program for one specific person with one specific set of needs.



WORK WITH PEOPLE

Apply your knowledge in real situations under supervision.

**“SCIENCE
IN THE MORNING
PEOPLE
IN THE AFTERNOON”**



A REGISTERED HEALTH PROFESSION

Biokinetics is a registered health profession, so the training is clinical.



HANDS-ON LEARNING

You work with real people, under supervision, long before you graduate. This is a high-on-professional, so the training looks like one.



MAKE A DIFFERENCE

Help people move better, fight disease, recover and live healthier lives.

WHERE COULD THIS TAKE ME?

Sport & performance | Private practice
Chronic disease management | community health

Could you give someone their body back?

INTERESTED IN THIS FIELD?

Start your journey at the NWU with the Bachelor of Health Sciences in Biokinetics

Explore programmes and admission requirements →