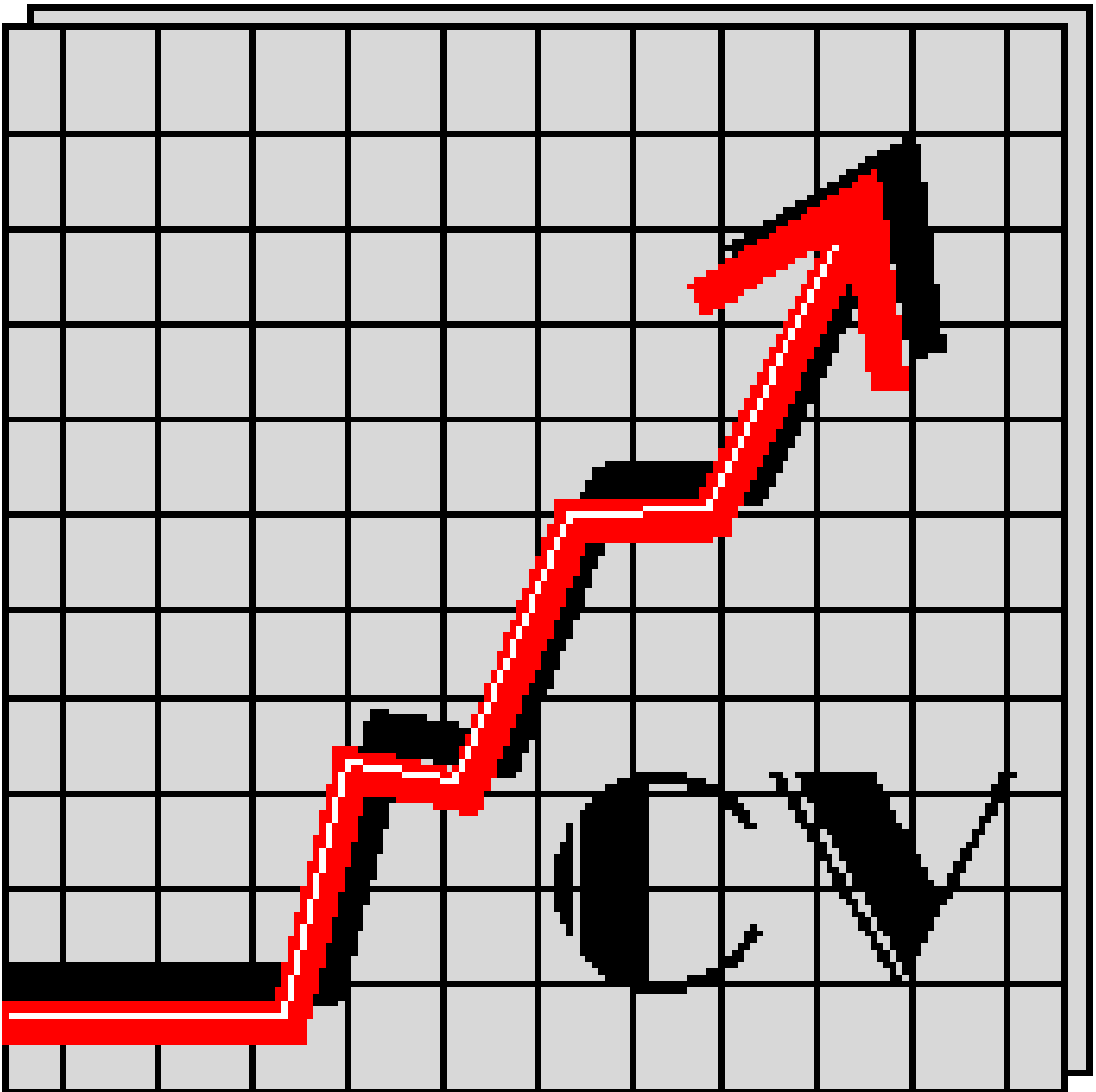


CURRICULUM VITAE



BEN COETZEE

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1. Personal Details

Name and Surname: Ben Coetzee

Age: 39

Date and place of birth: 1971-09-28
Pretoria

Gender: Male

Nationality: South African

Marital status: Married to Petronella Hendrika Heydenreich

Children: Marené: Daughter – thirteen years old
Josua: Son – eleven years old
Christi-Mari: Daughter – seven years old

Home language: Afrikaans

Identity number: 7109255318087

House address: 28 Van Graan Street
Oewersig
Potchefstroom
2520

Postal address: PO Box 20766
Noordbrug
2522

Telephone numbers: +27 18 2933401 (h)
+27 18 2992022 (fax)
+27 18 2991803 (w)
+27 76 868 1567 (cell/mobile)

E-mail: Ben.Coetzee@nwu.ac.za

Motor licence: Code 10

Language skills: Afrikaans (excellent) – written and spoken
English (excellent) – written and spoken

Military service: January 1990 - February 1991 as an Operational Medical Orderly

Health status: Excellent



2. Training and Qualifications

2.1 Matriculation

Matriculation: 1989 - Hoërskool Menlopark, Pretoria

Subjects passed: Afrikaans (HG)
English (HG)
Maths (HG)
Science (HG)
Biology (HG)
Accounting (HG)

2.2 Training after School

Institution: ☒ Potchefstroom University of Christian Higher Education (PU of CHE) (now North-West University)
☒ Potchefstroom

Qualifications acquired: ☒ B.Sc. (Human Movement Science and Physiology) – 1994
☒ B.Sc. Honours in Sport Science * Cum Laude – 1995
☒ M.Sc in Human Movement Science (Sport Science) * Cum Laude – 2000
◇ Title of mini-dissertation: Bepaling van talentidentifiserings-determinante vir kruipslagswem-prestasies by kinders – ’n kinantropometriese model (Determination of talent identification determinants of crawl stroke swimming performance among children – a kinanthropometric model).
☒ PhD in Human Movement Science - 2010
◇ Title: The relationship between cycling performance, the anthropometric and physiological profile of selected African male road cyclist.



3. Current Occupation and Responsibilities

School for Biokinetics, *Lecturer in:*
Recreation and Sport Science

- ⊗ Applied Exercise Physiology (MBWK315) for 3rd year students
- ⊗ Exercise Science Practice (MBWK325) for 3rd year students
- ⊗ Applied Sport Physiology (MBWS682) for Sport Science Honours students
- ⊗ Research Paper (MBWK681) for Sport Science Honours students
- ⊗ Applied Exercise Physiology (MBWK685) for Kinder Kinetics Honours students
- ⊗ Sport Science Internship (MBWS685) for Sport Science Honours students
- ⊗ Sport Science Practice (MBWS686) for Sport Science Honours students

Project leader of the:

- ⊗ SA Swimming Testing Profile Project (1999-2001)
- ⊗ South African Tennis Talent Identification Project (2000-2002)
- ⊗ Student Flexibility Determining Project (2003-2004)
- ⊗ LifeCycle-projek (2003-2004)
- ⊗ North West Soccer Players Profile Evaluation Project (2003-2005)
- ⊗ North West Sport Academy Swimming Talent Identification Project (2004-2006)
- ⊗ North West Gymnastics Performance Profile Project (2004-2006)
- ⊗ Provincial Cricket Talent Identification Project (2004-2006)
- ⊗ Rugby Plyometric Project (2005-2007)
- ⊗ Rugby Acute Cryotherapy Research Project (2007-2010)
- ⊗ Rugby Game Intensity Determination Project (2009-2011)
- ⊗ Rugby Whole Body Vibration Research Project (2010-current)
- ⊗ Rugby Resistive Plyometric Research Project (2010-current)
- ⊗ Middle and Long Distance Athletes High Altitude Project (2010-2011)
- ⊗ Rugby Heart Rate Variability and Recovery Project (2012-current)
- ⊗ Soccer and Hockey Match Analysis Project (2012-current)

Program Leader for Sport Science:

- ⊗ Responsible for all activities in the Sport Science honours program.
- ⊗ Acting as a Sport Science Consultant for the Institute for Sport Science and Development (ISSD), the NWU Rugby Institute and the NWU High Performance Institute of Sport



4. Publications, Posters and Presentations

National publications:

As *First Author*:

- ⊗ **Coetzee, B.**, Pienaar, A.E. & Coetzee, M. 2001. Bepaling van talentidentifiseringsdeterminante vir kruipslagswemprestasies by 14 jarige seuns: 'n kinantropometriese profile (Determination of talent identification determinants for crawl stroke swimming performance of 14 year old boys: a kinanthropometric model). *South African Journal for Research in Sport, Physical Education and Recreation*, 23(1):9-25.
- ⊗ **Coetzee, B.** 2002. Somatotiperingsprofile van manlike en vroulike Suid-Afrikaanse vergeleke met internasionale kruipslagswemmers. (Somatotype profiles of male and female South African crawl stroke swimmers). *South African Journal for Research in Sport, Physical Education and Recreation*, 23(1):9-25.
- ⊗ **Coetzee, B.** 2007. 'n Literatuuroorsig van pliometrie as 'n oefeningstegniek. (A literature review of plyometrics as an exercise technique). *South African Journal for Research in Sport, Physical Education and Recreation*, 29(1):61-82.

As *Co-author*:

- ⊗ Engelbrecht, C., Pienaar, A.E. & **Coetzee, B.** 2004. The role of racial background - impossible relationships between physical activity and physical fitness of girls: THUSABANA study. *South African Journal for Research in Sport, Physical Education and Recreation*, 26(1):41-53.
- ⊗ Bester, A. & **Coetzee, B.** 2010. Die antropometriese sprongitem-prestasiedeterminante van jong dogtergimnaste. (The anthropometric vault item performance determinants of young female gymnasts). *South African Journal for Research in Sport, Physical Education and Recreation*, 32(1):11-27.
- ⊗ Bester, A. & **Coetzee, B.** 2010. Die antropometriese vloeritem-prestasiedeterminante van jong dogtergimnaste. (The anthropometric floor item performance determinants of young female gymnasts). *South African Journal for Research in Sport, Physical Education and Recreation*, 32(2):13-30.
- ⊗ Arazi, H., **Coetzee, B.** & Asadi, A. 2012. Comparative effect of land- and aquatic-based plyometric training on jumping ability and agility of young basketball players. *South African Journal for Research in Sport, Physical Education and Recreation*, 34(2):1-14



International publications:

As First Author:

- ⊗ **Coetzee, B. & Coetzee, M.** 2001. The effect of an acute swimming exercise session on the mood states of university swimmers: five case studies. *African Journal for Physical, Health Education, Recreation and Dance*, 7(1):23-37, April.
- ⊗ **Coetzee, B. & Adendorff, L.** 2002. The relationship between the repeated sprint ability tests (RSAT) results and the aerobic and anaerobic energy systems of U-19 PUK rugby players. *African Journal for Physical, Health Education, Recreation and Dance*, 8(2):359-372, October.
- ⊗ **Coetzee, B.,** Portheine, R., Lourens, S. & Kruger, A. 2004. The influence of a passive and active recovery period on the anaerobic power output of Human Movement Science students. *Journal of Human Movement Studies*, 46(1):55-74.
- ⊗ **Coetzee, B.,** Grobbelaar, H.W. & Gird, C.C. 2006. Sport psychological skills that distinguish successful from less successful soccer teams. *Journal of Human Movement Studies*, 51(6):383-401.
- ⊗ **Coetzee, B & Van den Berg, P.H.** 2007. Game analysis of the eight top ranked tertiary institution rugby teams in South Africa. *Journal of Human Movement Studies*, 52(1):49-63.
- ⊗ **Coetzee, B. & Bester, J.** 2007. Physiological and motor performance determinants of young, provincial South African swimmers. *African Journal for Physical, Health Education, Recreation and Dance*, 13(3):335-358.
- ⊗ **Coetzee, B.** 2007. The effect of a five-week static flexibility program on the lower extremity flexibility, vertical jump and Wingate Anaerobic Test results of inactive students. *African Journal for Physical, Health Education, Recreation and Dance*, 13(3):359-377.
- ⊗ **Coetzee, B.** 2008. Proportionality and sexual dimorphism in swimmers. (In: Marfell-Jones, M. and Olds, T., eds. Kinanthropometry X. Proceedings of the 10th Conference of the International Society for the Advancement of Kinanthropometry (ISAK). September 2007. London: Routledge. p. 243-262.)

As Co-author:

- ⊗ Engelbrecht, C., Pienaar, A.E. & **Coetzee, B.** 2002. The relationship between Physical Activity Levels and Physical Fitness of 13 to 14 Year Old Girls in the North West Province of South Africa. *Journal of Human Movement Studies*, 809(43):87-106.



**International
(cont.):**

- publications** ☒ Gird, C.C. & **Coetzee, B.** 2006. Physical, motor and anthropometric testing variables that distinguish soccer teams of different participation levels. *Journal of Human Movement Studies*, 50:355-379.
- ☒ Grobbelaar, H.W. & **Coetzee, B.** 2006. Intensity and direction of anxiety and self-confidence among elite South African crawl stroke swimmers and its relationship to performance. *Journal of Human Movement Studies*, 50:321-338.
- ☒ Nunes, T. & **Coetzee, B.** 2007. The contribution of isokinetic strength parameters to the performance of provincial academy cricket batsmen. *Isokinetics and Exercise Science*, 15(3):233-244.
- ☒ Van den Berg, L., **Coetzee, B.** & Pienaar, A.E. 2006. The influence of biological maturation on physical and motor performance talent identification determinants of u-14 provincial girl tennis players. *Journal of Human Movement Studies*, 50:273-290.
- ☒ Van den Berg, L., **Coetzee, B.** & Pienaar, A.E. 2012. The influence of biological maturation on anthropometric determinants of talent identification among u-14 provincial girl tennis players – a pilot study. *African Journal for Physical, Health Education, Recreation and Dance*, 18(3):510-524.
- ☒ Pienaar, C. & **Coetzee, B.** 2013. Changes in selected physical, motor performance and anthropometric components of university-level rugby players after one microcycle of a combined rugby conditioning and plyometric training program. *Journal of Strength and Conditioning Research*, 27(2):398-415.
- ☒ Pienaar, C., **Coetzee, B.** & Monyeki, A.M. The use of anthropometric measurements and the influence of demographic factors on the prediction of $\dot{V}O_{2max}$ in a cohort of adolescents: The PAHL study. Has been accepted for publication in *Annals of Human Biology*.
- ☒ Sparks, M. & **Coetzee, B.** 2013. The use of heart rates and graded maximal test values to determine rugby union game intensities. *Journal of Strength and Conditioning Research*, 27(2):507-513.

National poster presentations: As ***First Author (presenter of paper is underlined)***:

- ☒ **Coetzee, B.** 1996. Die effek van akute swemoefensessies op die gemoedstemminge van swemmers. (The effect of acute swimming exercise sessions on the mood states of swimmers). (Poster presented as part of the South African Association of Physical Education and Recreation's Conference). Stellenbosch, South Africa.



National poster presentations (cont.): As *First Author (presenter of paper is underlined)*:

- ⊗ **Coetzee, B.** 1996. Die effek van akute swemoefensessies op die gemoedstemminge van swemmers. (The effect of acute swimming exercise sessions on the mood states of swimmers). (Poster presented as part of the South African Association of Physical Education and Recreation's Conference). Stellenbosch, South Africa.
- ⊗ **Coetzee, B.** & Adendorff, L. 2001. Die verband tussen die herhaalde-naelvermoëtoets en die aërobiese- en anaërobiese energiesisteme van o/19 PUK-rugbyspelers. (The relationship between the repeated sprint ability test and the aerobic and anaerobic energy systems of u/19 university rugby players). (Poster presented as part of the South African Conference of Sport Science). Stellenbosch, South Africa.
- ⊗ **Coetzee, B.** 2001. 'n Vergelykende studie tussen die somatotiperings-profiel van top Suid-Afrikaanse- en internasionale manlike kruipslagswemmers. (A comparative study between the somatotype profiles of top South African and international male crawls stroke swimmers). (Poster presented as part of the South African Conference of Sport Science). Stellenbosch, South Africa.

As *Co-author (presenter of paper is underlined)*:

- ⊗ **Coetzee, M.** & **Coetzee, B.** 2001. The incidence of health risk behaviour of adolescents in the North-West Province of South Africa. (Poster presented as part of the South African Conference of Sport Science). Stellenbosch, South Africa.
- ⊗ **Adendorff, L.**, **Coetzee, J.J.**, **Pienaar, A.E.**, **Malan, D.D.J.** & **Coetzee, B.** 2001. 'n Vergelykende studie tussen bepaalde talentidentifiserings-determinante van suksesvolle en minder suksesvolle o/18 rugbyspelers in die Noordwes Provinsie. (Comparative study between certain talent identification determinants of successful and less successful u/18 rugby players in the North-West Province). (Poster presented as part of the South African Conference of Sport Science). Stellenbosch, South Africa.
- ⊗ **Gird, C.C.** & **Coetzee, B.** 2004. Physical, motor and anthropometric talent identification determinants that distinguish between soccer players of different participation levels. (Poster presented as part of the South African Sport Sciences Conference, Annual Discovery Vitality Fitness Convention). Johannesburg, South Africa.
- ⊗ **Van den Berg, P.H.** & **Coetzee, B.** 2006. Game analysis of the eight top ranked tertiary institution rugby teams in South Africa. (Poster presented as part of the South African Sport and Recreation Conference). Potchefstroom, South Africa.



International presentations:

poster *As First Author (presenter of paper is underlined):*

- ⊗ **Coetzee, B.** 2006. A comparison between the VO₂max responses of the Monark and LifeCycle ergometers respectively. (Poster presented as part of the 13th Commonwealth International Sport Conference). Melbourne, Australia.

As Co-author (presenter of paper is underlined):

- ⊗ **Grobbelaar, H.W., Coetzee, B. & De Ridder, J.H.** 2004. Anxiety and self-confidence of elite South African crawl stroke swimmers and its relationship to performance. (Poster presented as part of the Pre-Olympic Congress). Thessalonica, Greece.

National oral presentations:

As First Author (presenter of paper is underlined):

- ⊗ **Coetzee, B.** 1994. Die belang van psigologiese evaluering en voorbereiding vir sportlui. (The importance of psychological evaluation and preparation for athletes). (Oral presentation delivered on the 22nd of September 1994 as part of the South African Association of Physical Education and Recreation's Conference). Bloemfontein, South Africa.
- ⊗ **Coetzee, B.** 2002. Die verband tussen oefening en die immuunsisteem. (The relationship between exercise and the immune system). (Oral presentation delivered on the 16th of July 2002 as part of the South African Sport Medicine Association's meeting). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** 2002. A literature overview of the relationship between physical exercise and the immune system. (Oral presentation delivered on the 30th of September 2002 as part of the South African Congress on Sport Sciences). Pretoria, South Africa.
- ⊗ **Coetzee, B. & Du Toit, C.** 2002. The effect of cryotherapy on the acute recovery of University netball players' lower leg muscles after concentric isokinetic ankle exercises. (Oral presentation delivered on the 1st of October 2002 as part of the South African Congress on Sport Sciences). Pretoria, South Africa.
- ⊗ **Coetzee, B.** 2004. The effect of a five week flexibility program on the lower extremity flexibility, the isokinetic torque and explosive power output of inactive students. (Oral presentation delivered on the 7th of October 2004 as part of the South African Sport Science Congress). Johannesburg, South Africa.



National oral presentations As *First Author (presenter of paper is underlined)*:
(cont.):

- ⊗ **Coetzee, B.** 2004. 'n Literatuuroorsig oor die verband tussen fisieke oefening en die immuunsisteam. (A review of the relationship between physical exercise and the immune system). (Oral presentation delivered on the 17th of April 2004 as part of the PUK Sport Science Affiliation Day). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** & Nunes, T. 2006. The contribution of physical and motor performance parameters to the performance of provincial academy cricket players. (Oral presentation delivered on the 7th of September 2006 as part of the South African Sport and Recreation Conference). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** & Nunes, T. 2006. The contribution of isokinetic parameters to the performance of provincial academy cricket players. (Oral presentation delivered on the 7th of September 2006 as part of the South African Sport and Recreation Conference). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** 2007. Harttempo – belangrike intensiteitbepaler. (Heart rate – important intensity determinant). (Oral presentation delivered on the 27th of November 2007 for the PUK Rugby Institute as part of the Training Workshop). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** 2008. Innovasie: Die wenresep vir sportsukses. (Innovation: The winning recipe for sport success). (Oral presentation delivered on the 31st of October 2008 as a guest speaker at the Honours Day of the School of Biokinetics, Recreation and Sport Science). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.**, Malan, D.D.J. & Marfell-Jones, M.J. 2010. The relationships between the phosphate, anaerobic and aerobic energy system-related power measurements of African male road cyclists. (Oral presentation delivered on the 12th of August 2010 as part of the South African Sport and Recreation Conference). Durban, South Africa.
- ⊗ **Coetzee, B.** 2011. Die akute invloed van krioterapie op die tye van 'n rugbyspesifieke toets en sekere fisiologie veranderlikes van universiteite-vlak rugbyspelers (The acute influence of cryotherapy on the times of a rugby specific test and certain physiological variables of university-level rugby players) (Oral presentation delivered on the 14th of November 2011 as part of the Rugby Symposium). Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** 2011. “In theory, theory and practice are the same. In practice, they are not.” The challenge of a lecturer in Sport Science. (Oral presentation delivered on the 2nd of November 2011 as part of the Excellent Learning and Innovative Technology Conference). Potchefstroom, South Africa.



National oral presentations (cont.): As *Co-author (presenter of paper is underlined):*

- ⊗ Van den Berg, L., **Coetzee, B.** & Pienaar, A.E. 2002. Kinanthropometric characteristics, physical and motor talent identification determinants of girl tennis players of different biological development categories. (Oral presentation delivered on the 1st of October 2002 as part of the South African Congress on Sport Sciences). Pretoria, South Africa.
- ⊗ Portheine, R., Lourens, S., Kruger, A. & **Coetzee, B.** 2002. The effect of a scientifically compiled warm-up program on the anaerobic power of students in Human Movement Science. (Oral presentation delivered on the 2nd of October 2002 as part of the South African Congress on Sport Sciences – Student Conference). Pretoria, South Africa.
- ⊗ Grobbelaar, H.W. & **Coetzee, B.** 2003. Sport psychological skill use by elite South African crawl stroke swimmers. (Oral presentation delivered on the 23rd of September 2003 as part of the Research Seminar: From Physical Education to Elite Sport - New Challenges for Sport Science and Physical Education). Pretoria, South Africa.
- ⊗ Sparks, M. & **Coetzee, B.** 2010. The use of heart rates and graded maximal test values to determine rugby game intensities. (Oral presentation delivered on the 12th of August 2010 as part of the South African Sport and Recreation Conference). Durban, South Africa.
- ⊗ Pienaar, C. & **Coetzee, B.** 2010. Effects of combined sport specific and plyometric training programs on a variety of physical and motor performance components. (Oral presentation delivered on the 12th of August 2010 as part of the South African Sport and Recreation Conference). Durban, South Africa.

International presentations:

oral As *First Author (presenter of paper is underlined):*

- ⊗ Coetzee, B. 2005. The anthropometric performance determinants of elite, South African, crawl stroke swimmers. (Oral presentation delivered on the 16th of February 2005 as part of the First Botswana International Sports Science Conference). University of Botswana, Gaborone, Botswana.
- ⊗ Coetzee, B. 2006. Sexual dimorphism in elite South African crawl stroke swimmers. (Oral presentation delivered on the 10th of March 2006 as part of the 13th Commonwealth International Sport Conference). Melbourne, Australia.
- ⊗ Coetzee, B. & Malan, D.D.J. 2008. The contribution of physiological components to the performance of road cyclists. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.



International presentations (cont.):

oral *As First Author (presenter of paper is underlined):*

- ⊗ **Coetzee, B.** & Malan, D.D.J. 2008. The relationship between the aerobic and anaerobic energy system related power measurements of road cyclists. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.
- ⊗ **Coetzee, B.**, Malan, D.D.J. & Marfell-Jones, M.J. 2010. The capacity of physiological components to predict group classification of successful and less-successful African road cyclists. (Oral presentation delivered on the 6th of June 2010 as part of the The 2010 Wingate Congress of Exercise and Sport Sciences). The Zinman College of Physical Education and Sport Sciences and The Wingate Institute for Physical Education and Sport, Israel.
- ⊗ **Coetzee, B.** 2011. The effects of cryotherapy on the rugby specific test drill times and certain physiological variables of university-level rugby players. (Oral presentation delivered on the 19th of October 2011 as part of the The 14th Biennial South African Sports Medicine Congress). The Sandton Convention Centre, Sandton, South Africa.
- ⊗ **Coetzee, B.** 2012. The influence of high altitude training on certain immunological and haematological components as well as on the performance of middle and long distance runners. (Oral presentation delivered on the 7th of July 2012 as part of the 17th Annual Congress of the European College of Sport Science). The Oud Sint-Jan Congress Centre, Bruges, Belgium.
- ⊗ **Coetzee, B.** 2012. Oxygen uptake ($\dot{V}O_{2max}$) in the 20-m shuttle run test among a group of female field hockey players – A pilot study. (Oral presentation delivered on the 27th of September 2012 as part of the Life Through Movement International Conference). The School for Biokinetics, Recreation and Sport Science, Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** 2012. The capacity of isokinetic strength parameters to predict group membership of successful and less successful African road cyclists. (Oral presentation delivered on the 27th of September 2012 as part of the Life Through Movement International Conference). The School for Biokinetics, Recreation and Sport Science, Potchefstroom, South Africa.
- ⊗ **Coetzee, B.** & Oosthuizen, C. 2013. A comparison between resisted and normal jump training as acute post-activation potentiation modalities for university-level rugby players. (Oral presentation delivered on the 25th of October 2013 as part of the The 15th Biennial South African Sports Medicine Congress). The Wild Coast Sun, South Africa.



**International
presentations (cont.):**

oral As *Co-author (presenter of paper is underlined)*:

- ⊗ Grobbelaar, H.W. & **Coetzee, B.** 2003. Sport psychological skill use by elite South African crawl stroke swimmers. (Oral presentation delivered on the 16th of February 2005 as part of the First Botswana International Sports Science Conference). University of Botswana, Gaborone, Botswana.
- ⊗ Grobbelaar, H.W., Gird, C.C. & **Coetzee, B.** 2005. Sport psychological skills that distinguish between more and less successful groups of soccer players. (Oral presentation delivered on the 16th of February 2005 as part of the First Botswana International Sports Science Conference). University of Botswana, Gaborone, Botswana.
- ⊗ Orlandini, J. & **Coetzee, B.** 2008. The influence of cryotherapy on the acute recovery of university netball players' lower leg muscles after an isokinetic ankle exercise. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.
- ⊗ Orlandini, J. & **Coetzee, B.** 2008. A literature overview of cryotherapy as a muscle recovery facilitating technique. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.
- ⊗ Pienaar, C. & **Coetzee, B.** 2008. Changes in certain physical and motor performance components of university-level rugby players after a combined rugby conditioning and plyometric training program. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.
- ⊗ Pienaar, C. & **Coetzee, B.** 2008. The effect of a combined rugby conditioning and plyometric training program on certain anthropometric measurements of university-level rugby players. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.



International presentations (cont.):

oral As Co-author (cont.) (presenter of paper is underlined):

- ⊗ Ross, K., **Coetzee, B.** & D.D.J. Malan. 2008. World Karate Federation championship kumite characteristics determined through video analyses. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.
- ⊗ Steyn, C., Esterhuizen, N. & **Coetzee, B.** 2008. The contribution of isokinetic leg muscle strength parameters to the performance of African male road cyclist. (Oral presentation delivered on the 14th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Student Congress). Gaborone, Botswana.
- ⊗ Van den Berg, P.H., Malan, D.D.J. & **Coetzee, B.** 2008. Match analysis of the Super 14 rugby union tournament. (Oral presentation delivered on the 16th of October 2008 as part of the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress). Gaborone, Botswana.
- ⊗ Sparks, M. & **Coetzee, B.** 2012. The use of heart rates and graded maximal test values for determining positional differences in Rugby Union game intensities. (Oral presentation delivered on the 6th of July 2012 as part of the 17th Annual Congress of the European College of Sport Science). The Oud Sint-Jan Congress Centre, Bruges, Belgium.
- ⊗ Sparks, M. & **Coetzee, B.** 2012. A critical review of methods used to analyse Rugby Union game intensities. (Oral presentation delivered on the 27th of September 2012 as part of the Life Through Movement International Conference). The School for Biokinetics, Recreation and Sport Science, Potchefstroom, South Africa.
- ⊗ Pienaar, C., Coetzee, B. & Twisk, J.W.R. 2013. The relationship between the direct and indirect measurement of $\dot{V}O_{2max}$ in the 20-m Shuttle Run Test among a group of adolescent boys living in the North West Province of South Africa – PAHL study. (Mini oral presentation delivered on the 28th of June 2013 as part of the 18th Annual Congress of the European College of Sport Science). Barcelona, Spain.
- ⊗ Pienaar, C., Coetzee, B., Twisk, J.W.R. & Monyeki, A.M. 2013. Developing a $\dot{V}O_{2max}$ prediction function from the physical, motor performance and demographic components of a group of adolescents. (Oral presentation delivered on the 26th of October 2013 as part of the The 15th Biennial South African Sports Medicine Congress). The Wild Coast Sun, South Africa.



International presentations (cont.):

oral As Co-author (cont.) (presenter of paper is underlined):

- ⊗ Willemse, FJvZ. & Coetzee, B. 2013. Heart rate and graded maximal test values to determine positional Rugby Union game intensities of adolescent boys. (Mini oral presentation delivered on the 27th of June 2013 as part of the 18th Annual Congress of the European College of Sport Science). Barcelona, Spain.
- ⊗ Willemse, FJvZ. & Coetzee, B. 2013. Determining adolescent boys' Rugby Union game intensities using heart rates and graded maximal test values. (Oral presentation delivered on the 25th of October 2013 as part of the The 15th Biennial South African Sports Medicine Congress). The Wild Coast Sun, South Africa. Received the award for the best free communication presentation of the SASMA Congress.

5. Post Graduate Students that have been delivered

Supervisor:

Master Degrees that have been awarded

- ⊗ **Jansen van Rensburg, L.** Die invloed van biologiese ryping op talentidentifiserings-determinante van o/14 provinsiale dogter-tennisspelers. (The influence of biological maturation on physical and motor performance talent identification determinants of u-14 provincial girl tennis players). *Degree awarded in 2003.*
- ⊗ **Gird, C.C.** Fisieke, motoriese, antropometriese en sportpsigologiese veranderlikes wat sokkerspanne van verskillende deelnamevlakke onderskei. (Physical, motor performance, anthropometrical and sport psychological skills that distinguish soccer teams of different participation levels). *Degree awarded in 2005.*
- ⊗ **Beste, J.** Fisiologiese, motoriese en antropometriese talentidentifiseringsdeterminante van Suid-Afrikaanse swemmers (Physiological, motor and anthropometrical talent identification determinants of South African swimmers). *Degree awarded in 2006.*
- ⊗ **Nunes, T.** The contribution of certain physical and motor ability parameters to the match performance of provincial academy cricket batsmen. *Degree awarded in 2007.*
- ⊗ **Willemse, A.** Antropometriese prestasiedeterminante van jong, dogter-gimnaste (Anthropometrical performance determinants of young, female gymnasts). *Degree awarded in 2007.*
- ⊗ **Orlandini, J.** Die effek van krioterapie op die akute herstel van netbalspelers se onderbeenspiere (The influence of cryotherapy on the acute recovery of netball players' lower leg muscles). *Degree awarded in 2008.*



Master Degrees that have been awarded (cont.)

Supervisor:

- ⊗ **Pienaar, C.** Effect of a combined rugby conditioning and plyometric training program on selected physical and anthropometric components of university-level rugby players. *Degree awarded in 2009.*
- ⊗ **Ross, K.** World Karate Federation championship kumite characteristics determined through video analyses. *Degree awarded in 2009.*
- ⊗ **Sparks, M.** The use of heart rates and graded maximal test values to determine rugby union game intensities. *Degree awarded in 2011.*
- ⊗ **Duvenhage, N.** Relationship between sport participation and the physical, motor performance and anthropometric components of a selected group of grade 10 adolescents. *Degree awarded in 2013.*
- ⊗ **Willemse, FJvZ.** The use of heart rates and graded maximal test values to determine the rugby union game intensities of high school boys. *Degree awarded in 2013.*
- ⊗ **Bisschoff, C.** The application of heart rate variability and recovery in determining fitness levels of university-level rugby players: a cohort study. *Degree awarded in 2014.*
- ⊗ **Oosthuizen, C.** The effects of a combined resisted jump training and rugby conditioning program on selected physical, motor ability and anthropometric components of rugby players. *Degree awarded in 2014.*

Co-supervisor:

- ⊗ **Swart, Y.** Die effek van 'n gestruktureerde kondisioneringsprogram op enkele morfologiese, fisieke en motoriese eienskappe van o/19 klubrugbyspelers tydens 'n rugbyseisoen. (The effect of a structured conditioning program on selected morphological, physical and motor performance characteristics of u/19 club rugby players during a rugby season). *Degree awarded in 2003.*
- ⊗ **Grobbelaar, H.W.** Upper body anthropometrical differences amongst participants of asymmetrical (fast bowlers in cricket) and symmetrical sport (crawl stroke swimmers) and sedentary individuals in South Africa. *Degree awarded in 2003.*

Assistant supervisor:

- ⊗ **Engelbrecht, C.** Die verband tussen fisieke aktiwiteit en fisieke fiksheid van 13 tot 15-jarige dogters van verskillende bevolkingsgroepe in die Noordwes Provinsie. (The relationship between the physical activity and physical fitness of 13 to 15 year old girls of different racial groups in the North West Province). *Degree awarded in 2002.*
- ⊗ **Van der Walt, K.** Selected anthropometric, physical and motor performance predictors of lower body explosive power in adolescents: The PAHL study. *Degree awarded in 2014.*



PhD Degree

Promotor:

- ⊗ Pienaar, C. Developing $\dot{V}O_{2\max}$ prediction functions from the physical, motor performance and anthropometric components of a group of adolescents. *Degree awarded in 2014.*

6. Current Post Graduate Students

- ⊗ Abdullahi, A.Y. A Comparison of the Match Analyses profiles of South African and Nigerian University level Badminton players. Promotor
- ⊗ Coetzee, J.J. The effect of a combined vibration training and rugby-conditioning program on selected physical, motor performance and anthropometric components of university-level rugby players. Supervisor
- ⊗ Rens, I. Match profile characteristics and physiologic demands of male and female university-level field hockey players: a cohort study. Supervisor
- ⊗ Sparks, M. The use of a global positioning system and several aerobic parameters to determine the movement and physiological match demands of university-level soccer players. Promotor
- ⊗ Tinkler, N. The 48h post-recovery effects of different recovery techniques on the subscales of the Recovery-Stress Questionnaire in a cohort of university level rugby players. Co-supervisor
- ⊗ Van der Bijl, E. The effect of different recovery techniques on the profile of mood states of university level rugby players. Co-supervisor

7. Examiner of Post Graduate Students

1. Adendorf, L. (M.A.) Ontwikkeling van 10- tot 15-jarige seuns in die Noordwesprovinsie met betrekking tot antropometriese samestelling en fisieke en motoriese vermoëns. NWU – 2003.
2. Bester, J. (M.A.) Fisiologiese, motoriese en antropometriese talentidentifiserings-determinante van swemmers in Suid-Afrika. NWU – 2006.
3. Dyer, B.J. (M.A.) The effects of music tempo on performance, psychological and physiological variables during 20km cycling in well-trained cyclists. University of KwaZulu-Natal – 2013
4. Fabricius, D.L. (M.Sc.) Comparison of aquatic and land plyometric training on power, speed and agility in adolescent rugby union players. University of Stellenbosch – 2011.
1. Gird, C.C. (M.Sc.) Fisieke, motoriese, antropometriese en sportpsigologiese veranderlikes wat sokkerspanne van verskillende deelnamevlakke onderskei. NWU – 2005.
2. Hurter, Z. (M.Sc.) Die verband tussen fisieke aktiwiteit en fisieke fiksheid van dertien- tot vyftienjarige seuns van verskillende bevolkingsgroepe in die Noordwesprovinsie. NWU – 2007.
3. Joubert, C. (M.Sc.) Energy expenditure, dietary intake and nutritional knowledge of elite, school-aged gymnasts. NWU – 2005.
4. Kraak, W.J. (M.A.) Movement patterns and heart rate of South African Rugby Union referees during actual match-play refereeing. NWU – 2012.
5. Kruger, A. (M.A.) 'n Kinantropometriese en asimmetriese profiel van elite- internasionale manlike spiesgooiers. NWU – 2004.



7. Examiner of Post Graduate students (cont.)

6. Nunes, T. (M.Sc.) The contribution of certain physical and motor ability parameters to the match performance of provincial academy cricket batsmen. NWU – 2006.
7. Orlandini, J. (M.A.) Die effek van krioterapie op die akute herstel van netbalspelers se onderbeenspiere. NWU – 2008.
8. Smith, E.M. (M.Sc.) Die voorkoms van geslagsdemorfisme by elite middelafstandatlete: Die 1995-Afrikaspele (Projek HAAGKiP). NWU – 2001.
9. Van den Berg, L. (M.A.) Die invloed van biologiese ryping op talentidentifiseringsdeterminante van 0/14 provinsiale dogter-tennisspelers. NWU – 2003.
10. Van der Merwe, R. (M.Sc.) Die verband tussen CD4+-seltelling, liggaamsamestelling en fisieke aktiwiteit by vroulike MIV/VIGS-lyers in die Noordwes Provinsie. NWU – 2001.
11. Van Gent, M.M. (M.A.) Anthropometrical, physical and motor fitness characteristics of 10- to 15-year old girls in the North West Province. NWU – 2002.
12. Viljoen, A. (M.A.) Ontwikkeling van 10- tot 15-jarige seuns in die Noordwesprovinsie met betrekking tot antropometriese samestelling en fisieke en motoriese vermoëns. NWU – 2003.
13. Willemse, A. (M.Sc.) Die antropometriese sprong- en vloeritem-prestasiedeterminante van jong dogtergimnaste. NWU – 2007.

8. Previous Experience and Awards

8.1 Previous Experience

Work experience:

- ⊗ Member of the Human Movement Subject Association, 1992
- ⊗ Assistant in the Department Human Movement Science, 1993-1996
- ⊗ Lecturer assistant for Coaching Science, 1993-1996
- ⊗ Lecturer assistant for Exercise Physiology, 1996
- ⊗ Manager of the Institute for Sport Science and Development (ISSD), 1995-1999
- ⊗ Sport Science Consultant for the ISSD, 2000-current
- ⊗ Lecturer at the Potchefstroom Beauty Therapy Academy, 1998-1999. *Specialised in: Anatomy and Physiology as well as Exercise Science for first and second year students.*
- ⊗ Temporary lecturer in the School for Biokinetics, Recreation and Sport Science (School for BRS), 1997-1999
- ⊗ Junior lecturer in the School of BRS, 2000-2002
- ⊗ Faculty Advisor for the School of BRS, 2000-current
- ⊗ Lecturer in the School of BRS, 2003-2009
- ⊗ Acting Director of the Institute for Sport Science and Development, 2003-2008
- ⊗ Program Leader of the Sport Science Honours Program, 2003-current
- ⊗ Referent (reviewer) for the South African Journal for Research in Sport, Physical Education and Recreation, 2004-current
- ⊗ Management Committee of the School of BRS, 2006-current



Work experience (cont.):

- ⊗ External moderator for the Potchefstroom Beauty Therapy Academy:
- ◇ Exercise Science for first and second year students, 2006-current
- ⊗ Responsible for the layout and implementation of the FNB High Performance Institute of Sport gym and Sport Science laboratory, 2006-2008
- ⊗ Referent (reviewer) for the Journal of Sport Sciences, 2006-current
- ⊗ Served on the Organizing Committee of the South African Sport and Recreation Conference, 2006
- ◇ Organizer of the Student Conference
- ⊗ External moderator for the Department Sport and Movement Studies, School for Sport and Movement Sciences, University of Johannesburg, 2007:
- ◇ Sport Science Practice for honours students (SPB17x7)
- ⊗ External moderator for the Department Sport Science, University of Stellenbosch, 2007:
- ◇ Applied Kinesiology (314, 352 and 362) for 3rd year students
- ⊗ Referent (reviewer) for the African Journal for Physical, Health Education, Recreation and Dance, 2007
- ⊗ Serves on the Exam Committee of the Faculty Health Sciences, NWU, 2007-current
- ⊗ Serves on the Research Committee of the Faculty Health Sciences, NWU, 2008-current
- ⊗ Served as Session Chair during the Fourth International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER.SD) Africa Regional Congress, 2008
- ⊗ Responsible for the layout and implementation of The Fitness Factory gym in Kathu, 2009
- ⊗ Senior Lecturer in the School for BRS, 2010-2013
- ⊗ External moderator for the Department Sport and Movement Studies, School for Sport and Movement Sciences, University of the Free State, 2010/11:
- ◇ Ergonomics for third year students (KIN324)
- ⊗ Subject Editor for the South African Journal for Research in Sport, Physical Education and Recreation, 2010, current
- ⊗ Serves on the Advisory Board for the Journal of Sport Sciences, 2011-current
- ⊗ External moderator for the Department Sport Science, University of Stellenbosch: Masters Degree Study of Mr. David Leslie Fabricius, 2011
- ⊗ External moderator for the Department Human Movement Studies, University of Fort Hare, 2011-current
- ⊗ Served on the Organizing Committee of the Life Through Movement International Conference, 2012
- ◇ Organizer of the Student Conference
- ⊗ Served as Session Chair during the Life Through Movement International Conference, 2012
- ⊗ External examiner for the School of Health Sciences, University of KwaZulu-Natal, 2013:
- ◇ Exercise Biochemistry (SSBR 304) for 3rd year students and Exercise Physiology (SSBR 704) as well as Laboratory techniques in Sport Science and Exercise Physiology (SSBR 734) for post-graduate students
- ⊗ Served as Sport Science Consultant for Michaelhouse School in KwaZulu-Natal, 2013
- ⊗ Member of the NWU Institutional Teaching Excellence Award panel during 2010, 2012 and 2013
- ⊗ Associate professor in the School for BRS, 2014



Developed the following modules:

- ⊗ Anatomy and Physiology as well as Exercise Science for first and second year Beauty Therapy students
- ⊗ Functional Anatomy (MBWA112) for 1st year students
- ⊗ Applied Anatomy (MBWA122) for 1st year students
- ⊗ Tennis Coaching Science (MBXT114) for 2nd year students
- ⊗ Part of Swimming Coaching Science (MBXS114) for 2nd year students
- ⊗ Applied Exercise Physiology (MBWK315) for 3rd year students
- ⊗ Exercise Science Practice (MBWK325) for 3rd year students
- ⊗ Applied Sport Physiology (MBWS682) for Sport Science Honours students
- ⊗ Applied Exercise Physiology (MBWK685) for Kinder Kinetics Honours students
- ⊗ Sport Science Internship (MBWS685) for Sport Science Honours students
- ⊗ Sport Science Practice (MBWS686) for Sport Science Honours students

Lecturing experience in the following subjects:

- ⊗ Swimming Coaching Science (MBXS114) for 2nd year students, 1993
- ⊗ Sport Science Practice (MBWS686) for Sport Science Honours students, 1995-current
- ⊗ Exercise Physiology (MBWK222/219) for 2nd year students, 1996 and 2011
- ⊗ Tennis Coaching Science (MBXT114) for 2nd year students, 1997-2004
- ⊗ Applied Sport Physiology (MBWS682) for Sport Science Honours students, 1997-current
- ⊗ Applied Exercise Physiology (MBWK315) for 3rd year students, 1997-2010
- ⊗ Applied Exercise Science Practice (MBWK325) for 3rd year students, 1997-2010
- ⊗ Anatomy and Physiology as well as Exercise Science for first and second year Beauty Therapy students, 1998-1999
- ⊗ Cricket Coaching Science (MBXK123) for 2nd year students, 1999
- ⊗ Functional Anatomy (MBWA112) for 1st year students, 2000-2001, 2008
- ⊗ Research Paper (MBWK681) for Sport Science Honours students, 2000-current
- ⊗ Applied Exercise Physiology (MBWK685) for Kinder Kinetics Honours students, 2001-current
- ⊗ Ergometry (MBWK321) for 3rd year students, 2004-2008
- ⊗ Sport Science Internship (MBWS685) for Sport Science Honours students, 2010-current

Manuals:

- ⊗ Coetzee, B. 1997-1998. Handleiding vir Eerstejaar-Skoonheidsterapeutstudente: Anatomie en Fisiologie. (Manual for First Year Beauty Therapy Students: Anatomy and Physiology). Potchefstroom: PU for CHE.
- ⊗ Coetzee, B. 1997-1998. Handleiding vir Tweedejaar-Skoonheidsterapeutstudente: Anatomie en Fisiologie. (Manual for Second Year Beauty Therapy Students: Anatomy and Physiology). Potchefstroom: PU for CHE.
- ⊗ Coetzee, B. 1997-2008. Handleiding vir Eerstejaars-Skoonheidsterapeutstudente: Oefenkunde. (Manual for First Year Beauty Therapy Students: Exercise Science). Potchefstroom: NWU.
- ⊗ Coetzee, B. 1997-2008. Handleiding vir Tweedejaar-Skoonheidsterapeutstudente: Oefenkunde. (Manual for Second Year Beauty Therapy Students: Exercise Science). Potchefstroom: NWU.
- ⊗ Coetzee, B. 1997-2008. Handleiding vir MBWK312: Toegepaste Oefenfisiologie. (Manual for MBWK312: Applied Exercise Physiology). Potchefstroom: NWU.

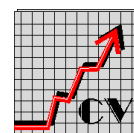


Manuals (cont.):

- ⊗ Coetzee, B. 1997-2008. Handleiding vir MBWK322: Oefenkundepraktyk. (Manual for MBWK322: Exercise Science Practice). Potchefstroom: NWU.
- ⊗ Coetzee, B. 1998-2002. Handleiding vir MBWS673: Toegepaste Sportfisiologie. (Manual for MBWS673: Applied Sport Physiology). Potchefstroom: North-West University (NWU).
- ⊗ Coetzee, B. 1998-2002. Handleiding vir MBWK675: Toegepaste Oefenfisiologie. (Manual for MBWK675: Applied Exercise Physiology). Potchefstroom: NWU.
- ⊗ Coetzee, B. 1999. Handleiding vir Aërobieese Instrueteurs. (Manual for Aerobic Instructors). Potchefstroom: PU for CHE.
- ⊗ Coetzee, B. 1999. Handleiding vir Vlak 1-Beginner-Gimnasium-Instrueteurs. (Manual for Level 1 Beginners' Gym Instructors). Potchefstroom: PU for CHE.
- ⊗ Coetzee, B. 1999-2008. Handleiding vir MBWA111: Funksionele Anatomie. (Manual for MBWA111: Functional Anatomy). Potchefstroom: NWU.
- ⊗ Coetzee, B. 1999-2008. Handleiding vir MBXK112: Tennis. (Manual for MBXK112: Tennis). Potchefstroom: NWU.
- ⊗ Coetzee, B. 2005-2008. Handleiding vir BWKH141: Anatomie vir Opvoedkundestudente. (Manual for BWKH141: Anatomy for Education Students). Potchefstroom: NWU.
- ⊗ Coetzee, B. 2006-2008. Handleiding vir MOVE111: Anatomie vir Opvoedkundestudente. (Manual for MOVE111: Anatomy for Education Students). Potchefstroom: NWU.
- ⊗ Coetzee, B. 2007-2008. Handleiding vir MBWK321: Ergometrie. (Manual for MBWK321: Ergometry). Potchefstroom: NWU.
- ⊗ Coetzee, B. 2009-2013. Handleiding vir MBWK315: Toegepaste Oefenfisiologie. (Manual for MBWK315 Applied Exercise Physiology). Potchefstroom: NWU.
- ⊗ Coetzee, B. 2009-2011. Handleiding vir MBWK325: Toegepaste Oefenkundepraktyk. (Manual for MBWK315 Applied Exercise Science Practice). Potchefstroom: NWU.

Coaching and sport related experience:

- ⊗ Participated in Biathlon, 1992-1996
- ⊗ Member of the PU for CHE SAU/SASSU Swimming team, 1992-1996, 1999
- ⊗ Coach primary school children in mini-cricket, 1993
- ⊗ Chairman of the PU for CHE Swimming Club, 1993/94 and 1995/96
- ⊗ Chairman of the SASSU Swimming Committee, 1995
- ⊗ Organiser of the PU for CHE Inter Hostel Swimming Gala, 1995-1997
- ⊗ Chairman of the PU for CHE Badminton Club, 1995/96
- ⊗ Member of the PU for CHE Badminton team who participated in the SASSU Tournament, 1995/96.
- ⊗ Chairman of the PU for CHE Biathlon Club, 1995/96
- ⊗ Coach of the PU for CHE Swimming Team, 1994-1998
- ◇ *Swimming team achieved the following SASSU results under my coaching:*
 - 1994 – placed 6th; 1995 – placed 4th; 1998 – placed 2nd.
- ⊗ Team won the Potchefstroom Dam Mile from 1996 to 1997.



Additional certificates, workshops, forums, courses and conference attendances (excluding those where oral presentations were delivered):

- ⊗ Attended the Aerobics and Fitness Instructors Continuing Health and Fitness Work Shop/Symposium, 1991
- ⊗ Obtained the South African Freshwater Live Savings Bronze Medallion for Advanced Practical and Theoretical Knowledge of Life Saving, 1991
- ⊗ Obtained the South African Freshwater Live Savings Instructors Certificate for Advanced Practical and Theoretical Knowledge of Life Saving, 1991
- ⊗ Obtained the South African Amateur Swimming Association Preliminary Swimming Instructors Award, 1992
- ⊗ Obtained the United Cricket Board of South Africa's Level One Coaching certificate, 1992
- ⊗ Obtained the United Cricket Board of South Africa's Level Two Coaching certificate, 1992
- ⊗ Obtained the South African Hockey Union's Level Four Coaching certificate, 1992
- ⊗ Obtained the PU for CHE's Beginners Tennis Coaching certificate, 1992
- ⊗ Obtained the PU for CHE's Sport Trauma certificate, 1992
- ⊗ Obtained a Sport Massage certificate from the Sport Bureau of the PU for CHE, 1994
- ⊗ Obtained the South African Freshwater Live Savings Bronze Cross Medallion for Advanced Practical and Theoretical Knowledge of Life Saving, 1997
- ⊗ Obtained the South African Freshwater Live Savings Silver Medallion for Advanced Practical and Theoretical Knowledge of Life Saving, 1997
- ⊗ Completed a course in Pastoral Counseling at the PU for CHE, 1999
- ⊗ Attended a Sports Vision Workshop in Potchefstroom, 2003
- ⊗ Attended a Basic Pilates Training Course in Potchefstroom, 2003
- ⊗ Attended the 360° Sport: Whole sport, Whole person, Whole life Workshop in Potchefstroom, 2004
- ⊗ Attended the following workshops as part of the Discovery Vitality Fitness Convention in Johannesburg, South Africa, 2004:
 - ◇ Explosive power training;
 - ◇ Bosu ball training;
 - ◇ Resistance training.
- ⊗ Attended the following workshop as part of the 13th Commonwealth International Sport Conference in Melbourne, Australia, 2005:
 - ◇ Functional Assessment and Therapeutic Exercise for Stability of the Hip and Pelvis Workshop in Melbourne, Australia.
- ⊗ Attended the New tendencies in sports programming workshop as part of the South African Sport and Recreation Conference in Potchefstroom, 2006
- ⊗ Passed the NWU Introductory Statistics for Research with Statistica Course in Potchefstroom, 2006
- ⊗ Completed the advanced course in Power-plate Training in Potchefstroom, 2007
- ⊗ Completed the Aquatic Instructor Certification Program in Potchefstroom, 2007
- ⊗ Attended a Multi-apparatus Sport Conditioning Workshop in Potchefstroom, 2007
- ⊗ Did a Level 2 and Advanced UCI Coaching Cycling course in Belville, 2007
- ⊗ Attended the V International Forum on Elite Sport in Beijing, China, 2007
- ⊗ Attended the Best Selling Science Workshop in Potchefstroom, 2009



Additional certificates, workshops, forums, courses and conference attendances (excluding those where oral presentations were delivered)(cont.):

- ⊗ Attended the Conference in Teaching in Potchefstroom, 2010-13

Courses and workshops presented by the undersigned:

- ⊗ South African Freshwater Live Savings Bronze Medallion for Advanced Practical and Theoretical Knowledge of Life Saving Course, 1994-1999
- ⊗ Beginners Swimming Coaching Clinic, 1997
- ⊗ Level 1 Beginners Gym Instructors Course, 1999
- ⊗ Swimming Programming, Fault Analyses and Fault Correction Course for Primary School Swimming Coaches, 1999
- ⊗ International Institute for Fitness Training (IFT): Theoretical Course for Aerobic Instructors, 1999-2000
- ⊗ Supplements and Resistance Training Workshop presented to Frankfort Hoërskool, February 2000
- ⊗ Level 1 Athletics South Africa (ASA) Course: Anatomy, Physiology and Exercise Programming, 2000
- ⊗ Resistance Training for Children Workshop presented to Stella Hoërskool, April 2002
- ⊗ Exercise Teachers Academy Personal Trainers' Course, 2003-2006
- ⊗ Reebok Personal Trainers' Basic Science Course, 2005
- ⊗ Training camp for Thabazimbi Swimming Club, 2007
- ⊗ Co-presented the Hammer Strength Clinic - presented to coaches, sport and conditioning specialists, sport scientists, personal trainers and gym owners – February 2014.

Membership:

- ⊗ As part of the Institute for Sport Science and Development a member of International Association of High Performance Sports Training Centres, 2003-2008
- ⊗ Member of the European College of Sport Science, 2012-current
- ⊗ Professional member of the National Strength and Conditioning Association, 2013-current

General media:

- ⊗ Contributor to a news article in Herald: Op wen se bloedspeer. 17 Desember 2010.
- ⊗ Contributor to a news article in Die Burger, Beeld and Volksblad: Hierom kon Chad sy vingers voor kry. 2 Augustus 2012.
- ⊗ Contributor to a news article in the Witness: "No luck". Chad beat Phelps fair and square. 2 August 2012.
- ⊗ Contributor to an article in Woman's Running Magazine: You're never too old to run. November 2012.
- ⊗ Contributor to an article in You: Home grown heroes. 16 August 2012.
- ⊗ Contributor to an article in Huisgenoot: Volle seile na goud. 16 August 2012.
- ⊗ Contributor to a TV show on Carte Blanche: Everest Part 2. 7 April 2012.
- ⊗ Served as a speaker on "Conversations with Niki", Radio Today. 3 April 2014.



8.2 Awards

- ⊗ Merit Award for the best honours student in Sport Science, 1994
- ⊗ Honorary clothes for academical performance, 1995
- ⊗ Received an award from the PU for CHE Sport Bureau for outstanding swimming coaching, 1998
- ⊗ Received a PU for CHE Verka Award for Teaching Excellence, 2000 and 2003
- ⊗ Received a NWU Promising Young Researcher's Award, 2005
- ⊗ Received an NWU Institutional Teaching Excellence Award (A Category), 2006 and 2011

8. References

Prof. D.D.J. Malan

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I hereby declare that the above-mentioned information is true and correct

Ben Coetzee

Date: 9 June 2014

