

# PROGRAMME CURRICULUM

## MASTER OF SCIENCE IN HUMAN POTENTIAL AND PERFORMANCE

### Core Courses

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Applied Neuroscience and Brain Health	HPP5001	4
2	Biopsychosocial Strategies for Mental Health and Performance	HPP5002	4
3	Sleep for Human Performance	HPP5003	4
4	Nutritional Physiology for Health and Performance	HPP5004	4
5	Quantitative Methods in Human Potential and Performance Research	HPP5005	4

### Elective Courses by Specialisation

#### Specialisation in Neuroscience

Compulsory elective courses:

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Behavioural & Cognitive Neuroscience	HPP5111	4
2	Advanced Topics in Neuroscience: Metaplasticity and Brain Function	HPP5112	4
3	Master's Project in Neuroscience	HPP5188A	4

Choose two elective courses from below:

S/N	COURSE TITLE	COURSE CODE	UNITS
4	Human Motivation	HPP5123	4
5	Applied Psychology for Peak Performance	HPP5124	4
6	Physiology in Challenging Environments	HPP5135	4
7	Exercise is Medicine	HPP5136	4

## Specialisation in Performance Psychology

Compulsory elective courses:

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Human Motivation	HPP5123	4
2	Applied Psychology for Peak Performance	HPP5124	4
3	Master's Project in Performance Psychology	HPP5188B	4

Choose two elective courses from below:

S/N	COURSE TITLE	COURSE CODE	UNITS
4	Behavioural & Cognitive Neuroscience	HPP5111	4
5	Advanced Topics in Neuroscience: Metaplasticity and Brain Function	HPP5112	4
6	Physiology in Challenging Environments	HPP5135	4
7	Exercise is Medicine	HPP5136	4

## Specialisation in Applied Physiology

Compulsory elective courses:

S/N	COURSE TITLE	COURSE CODE	UNITS
1	Physiology in Challenging Environments	HPP5135	4
2	Exercise is Medicine	HPP5136	4
3	Master's Project in Applied Physiology	HPP5188C	4

Choose two elective courses from below:

S/N	COURSE TITLE	COURSE CODE	UNITS
4	Behavioural & Cognitive Neuroscience	HPP5111	4
5	Advanced Topics in Neuroscience: Metaplasticity and Brain Function	HPP5112	4
6	Human Motivation	HPP5123	4
7	Applied Psychology for Peak Performance	HPP5124	4