The HOPE Project is a major strategic direction taken by Stellenbosch University to mobilize its human and physical resources to address the complex development needs of Africa. The HOPE Project includes research, learning and community engagement initiatives that reflect the University’s commitment to combining its tradition of excellence with the added dimension of relevance to the challenges facing Africa. Through these initiatives, the University is committed to finding ways to help make real and positive changes in the lives of the people of Africa.

The Sport Technology Unit is a joint venture partnership established within the broader strategic framework of the HOPE Project. The purpose of the unit is to position Stellenbosch University as a leader in the design and application of innovative technologies to facilitate research and development strategies in the areas of sport, exercise, physical activity and wellness in Africa.

The Centre for Human Performance Sciences supports interdisciplinary approaches exploring the potential of sport and physical activity to meet the challenges facing human development in Africa.

“Ke Nako”  
It is time to come down from the mountain.

Our vision for our country and continent is a future free from poverty, where the human dignity of all people is protected, where our social and ecological systems are healthy, and where peace, security and democracy are safeguarded. The HOPE Project puts into action the University’s commitment to play a role in working for such a country, such a continent, such a world.”

Prof H Russel Botman  
Rector and Vice-Chancellor  
Stellenbosch University
The assessment of visual skills is a critical part of the process of performance profiling. The Unit provides sport-specific visual skills tests that assess individual strengths & weaknesses. Customised visual training is presented that challenges the coordination of the muscles associated with eye movements required for the performance of specific sport skills.

**Decision Training**

These training sessions teach players where and when to focus on which performance cues in a sport context, how to interpret the pattern among the cue, and what actions to take to be successful in that context. The accuracy and speed of decision making is emphasised.

**GPS Applications**

Global positioning systems (GPS) applications can be set up for individuals and/or teams to monitor and analyse player location, distance speed, acceleration, distance, relative leg forces and heart rate while playing. Reports can be accessed immediately, comparisons made between players or to an individual’s previous performance history.