



History of Biokinetics (updated Feb 2019)

Young boys who joined the Defence Force in the 1930's, but who weren't fit for military service, underwent a special programme of "**Remedial Physical Education.**" Two of the people that played an important role in these programmes were Dr. Ernst Jokl (a medical doctor) and Dr. Danie Craven. Dr. Jokl was also the founder of the Department of Physical Education at the Stellenbosch University in 1936.


The outbreak of World War II resulted in many non-fatal casualties like amputations. These soldiers were also treated using remedial programmes. This programme of the Defence Force was terminated in 1946 and transferred to the Department of Education that continued the programme in Kimberley.





In 1966, the Department of Physical Education of the Potchefstroom University of Christian Higher Education initiated research on the benefits of regular exercise training on cardiovascular health and its therapeutic effects following myocardial infarction. Much of the work was done by Prof. Gert Strydom in collaboration with medical doctors. Other research at this Dept. included Prof. Frik Buys' work on diabetes that was concluded in 1970. During this period, the word "Kinetiotherapy" was used to describe these therapeutic programmes. At the same time, other universities (Universities of Stellenbosch, Pretoria, Orange Free State and Port Elizabeth) were also contributing to this new discipline, with numerous people making important contributions.

SA's involvement in the war between the then South West Africa (now Namibia) and freedom fighters operating from Angola, Rhodesia and Zambia, in the 1970's and 1980's, resulted in many injured soldiers who were sent back to recover. Their rehabilitation took place at 1 Military Hospital in Pretoria and 2 Military Hospital in Cape Town, where Dr. Jones Cilliers, Dr. Etienne Hugo, and Dr. Neil Gordon formed part of the initial team. Specialized physical education instructors were

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responsible for these programmes, the so-called “final phase rehabilitation”. Later, 3 Military Hospital in Bloemfontein and 4 Military Hospital in Durban were also used for these rehabilitation programmes. In addition to orthopaedic rehabilitation, these hospitals were also conducting cardiac rehabilitation under medical supervision.

The then Surgeon General, Lt. Gen. N. Nieuwoudt, supported these programmes and this gave momentum to the eventual establishment of Biokinetics as a recognized profession at the SA Medical and Dental Council (SAMDC) known as the HPCSA today. In 1980, a memorandum was sent to the then SAMDC to open up a new registry for “Biokinetics.” In 1982, the then SAMDC accepted Biokinetics as a profession and the scope of practice was forwarded to them by a sub-committee of the then SA Association of Sports Science, Physical Education and Recreation (SAASPER). This committee also compiled the training syllabus and criteria for institutions to provide training to biokinetic students.


On 9 September 1983, the registration of Biokinetics as a discipline was announced in the *Government Gazette*. In 1987, the SA Association of Biokinetics (SAAB) was constituted with Prof. Gert Strydom as first president and Prof Hans Loots as vice-president (Strydom, 2005).

In 2005, SAAB was renamed to the Biokinetics Association of South Africa (BASA). The BASA emblem or logo has also undergone changes through the years. The first emblem (Figure 1) was in effect for the first 19 years of BASA (1987 – 2005) and was replaced in 2006 with a new emblem (Figure 2). In 2013, BASA adopted its current emblem (Figure 3).



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Figure 1: BASA emblem 1987 – 2005




Figure 2: BASA emblem 2006 – 2012







Figure 3: BASA emblem 2013 – current

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The current president of BASA is Mr Bertie Herbst and the vice-president is Ms Natasha Deley. Previous or past presidents include: Prof Gert Strydom, Prof Hans Loots, Ms Maretha Delpont, Prof Johan van Heerden, Prof Cilas Wilders, Dr Gerda Joubert, Mr Leon Keulder and Ms Areta Potgieter.


REFERENCES





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Strydom, G.L. (2005). Biokinetics – the development of a health profession from Physical Education – a historical perspective. *South African Journal for Research in Sport, Physical Education and Recreation*, 27(2):113-128.

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