



DESIGNATION

(Lecturer)

Title & Name: Prof Cindy Pienaar

Qualification & Institution:

- PhD: (Human Movement Studies) (NWU),
- M.Sc.: Sport Science (NWU), B.Sc. Hons: Sport Science (NWU), B.Sc.: Human Movement Science and Nutrition (PU for CHE),
- Certified Strength and Conditioning Specialist (National Strength and Conditioning Association, USA)

Contact Number: 031 373 6878

Email Address: cindyp@dut.ac.za

Campus: ML Sultan Campus

Area of Expertise: Sport and Exercise Science, Strength and Conditioning, Performance Testing, Training and Program Prescription and Design, Female Athletes

Bio: Prof Pienaar joined DUT in 2018 as an Associate Professor and was appointed as Head of Department shortly thereafter. She is currently responsible for lecturing Applied Physical Conditioning in the new bachelor's degree program as well as developing an Honours Degree in Sport Science. She has published in several peer reviewed journals and serves as an external promotor and study leader for post graduate students. She is passionate about practical teaching and learning and as a strength and conditioning coach she is involved in testing, program prescription and design to improve the performance of various university teams and elite athletes .

Academic Interests: Practical teaching of sport and exercise science content. Blending the academic facts with what happens on field, in the lab or gymnasium.

Research Links:

Research Gate:

https://www.researchgate.net/profile/Cindy_Pienaar

ORCID ID: <https://orcid.org/0000-0002-0792-1414>

Google Scholar:

https://scholar.google.co.za/citations?hl=en&user=JxJug3wAAAAJ&view_op=list_works

Linked In: <https://www.linkedin.com/in/cindy-pienaar-phd-290959b0/>