

University of Pretoria Yearbook 2017

Exercise and training principles 142 (EXE 142)

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| Qualification | Undergraduate |
| Faculty | Faculty of Health Sciences |
| Module credits | 6.00 |
| Programmes | HCert Sports Science Education HCert Sports Science Sports Coaching |
| Contact time | 3 lectures per week |
| Language of tuition | Afrikaans and English is used in one class |
| Academic organisation | Biokinetics and Sports Science |
| Period of presentation | Quarter 2 |

Module content

*Closed – requires departmental selection

Introduction to physical fitness, multidimensional character of physical fitness, sport specific vs health-related fitness components, physiological effects of training, and application of training principles.

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