

University of Pretoria Yearbook 2017

Exercise and nutrition science 331 (FLG 331)

Qualification	Undergraduate
Faculty	Faculty of Health Sciences
Module credits	18.00
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	BCM 251 GS, BCM 252 GS, BCM 261 GS, BCM 262 GS and FLG 221 and FLG 222
Contact time	2 lectures per week
Language of tuition	Module is presented in English
Academic organisation	Physiology
Period of presentation	Semester 2

Module content

*Closed - requires departmental selection. Mechanisms of muscle contraction and energy sources. Cardio-respiratory changes, thermo-regulation and other adjustments during exercise. Use and misuse of substances to improve performance. Practical work: Applied practical work.

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